ELIZABETH · Late
Countess of Kent

A

Choice Manual,

OR

Rare and Select

SECRETS

IN

PHYSICK

AND

CHIRURGERY:

Collected, and practised by the Right Honourable the Countesse of Kent, late deceased.

Whereto are added several Experiments of the Virtue of Calcanponder, and Lapis contra Yarnam by a Professor of Phisick.

As also most exquisite ways of Preserving, Conserving, Candying, &c.

The Sixteenth Edition.

LONDON, Printed by *A. M.* for *Margaret Shears* at the Sign of the Blew-Bible in *Bedford*-Street in *Covent-Garden*, 1671.

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Sold at the Sign of the Bible in

Ludgate-Street. 1688.

To the vertuous and most Noble Lady, *Latitia Popham*, Wife of the Honourable and truly Valiant Col. *Alexander Popham*.

Thrice Noble and truly Vertuous Lady.

After mature deliberation, what to tender unto your acceptance worthy your Patronage, nothing occured more probable than this small Manuel: which was once esteemed a rich Cabinet of knowledg, by a person truly Honourable. May it auspiciously procure but your Honourable friendly Estimation, and then I doubt not, but it will find a universal acceptance amongst persons of greatest Eminency. Sure I am, it may be justly deemed as a rich Magazene of experience, having since taught the world its approved excellency, yea, even in many

dangerous exigencies. All I humb
crave for the present is, my boldne
may be favourably excused; sin
'twas my lawful ambition, there
to avoid ingratitude, for the ma
singular favours I have already r
ceived from your endeared truly H
nourable Husband, my always tr
noble friend, and most happy Cou
try-man. God multiply his blessin
upon all your noble Family, a
make you no less Honourable he
on Earth, than eternally happy her
after; which shall be the daily pray
of him: in whose highest Emula
on, is,

In all due ways,

abundantly to Ho-

nour and serve yo

W. J.

Courteous Reader.

WEll remembring that we are all born for the weal-blick good: I here tender to y perusal this small, and yet oſt Excellent Treatiſe, Entitu-d, *A Choice Manual of Rare and eleſt Secrets in Phyſick*: If thereby hou ſuck abundance of Profit, I hall be ſuperlatively glad, but if ny, or perchance many unlook-d for miſtakes, for want of a due pplication, bid thee entertain ontrary thoughts, the effect not nſwering thy curious expecta-ion, upon a moſt ſerious reflex, know, that nothing is abſolutely erfect, & withal, that the richeſt nd moſt ſovereign Antidote may e often miſapplied: wherefore he fault not being mine, excuſe nd ceaſe to cenſure: For which juſt, and but reaſonable favour, thou ſhalt deſervedly oblige me,

Thine W. J.

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A *Choice Manual* OR RARE and SELECT SECRETS IN PHYSICK,

By the Right Honourable the *Countess* of KENT.

A very good Medicine for a Consumption and Cough of the Lungs.

TAke a pound of the best Honey as you can get, and dissolve it in a Pipkin, then take it off the fire, and put in two peniworth of flower of brimstone, and

and 2 peniworth of powder Elecampane, and 2 peniworth the flower of Liquorice, & 2 p niworth of red Rose-water, & ſtir them together, till they be compounded together, and put into a gally-pot, & when you u it, take a Liquorice-ſtick beat at one end, & take up with it much almoſt as half a Walnut, night when you go to bed, and the morning faſting, or at a time in the night when you troubled with the Cough, and let it melt down in your mou by degrees.

Sir John Digbies *Medicine for t Stone in the Kidneys.*

Take a pound of the fineſt H ney, & take 7 quarts of Condu water, ſet them on the fire, a when it is ready to ſeeth, ſcum and ſtill as the froth riſes, ſcum & put in 20 whole Cloves, & them ſeeth ſoftly for the ſpace half an hour, & ſo bottle it up ſ

you

our use, & drink it morning and
vening, and at your meat, & use
o other drink until you are well.

Medicine for the falling sickness.

ake a peniweight of the powder
Gold, six peniweight of Pearl,
peniweight of Amber, 6 peni-
eight of Corral, 8 grains of Be-
ar, half an ounce of Piony seed,
so you must put some powder of
dead mans Scull that hath been
n Anatomy, for a woman, & the
owder of a woman for a man
ompound all these together, and
ake as much of the powder of
l these, as will lie upon a two-
ence for 9 mornings together in
ndive water, and drink a good
raught of Endive water after it.

For Cordials and Restoratives use these things following.

In any faintnes take 3 drops of
l of Cinnamon, mixed with a
oonful of sirrup of Gilliflowers,
nd as much Cinnamon-water,
rink this for a Cordial.

Against

Against Melancholy.

Take 1 spoonful of Gilliflowe
the weight of 7 Barly corn
Bever-stone, bruise it as fine
flower, & so put it into 2 spoo
fuls of sirrup of Gilliflowers,
take it four hours after Supp
or else four hours after dinn
this will cheer the heart.

If you be sick after meat use th

Take of the best green Ging
that is preserved in sirrup, shr
it into small pieces, put it int
gally-pot, and put Cinnamon w
ter to it; then after dinner or s
er eat the quantity of two n
megs upon a knifes point.

Aqua Mirabilis.

Take three pints of white wi
one pint of *Aqua vitæ*, 1 pint
juice of Celendine, one dram
Cardamer, a dram of Mellil
flowers, Cubebs a dram, Galing
Nutmeg, Mace, Ginger,
Cloves of each a dram: mingle
these together over night,

ext morning set them a stilling
n a glass Limbeck. *The Vertues.*
his water dissolveth swelling of
he Lungs, & being perished doth
elp & comfort them, it suffereth
ot the blood to putrifie, he shall
ot need to be let blood that us-
th this water, it suffereth not the
eartburning, nor Melancholy or
egm to have dominion, it expel-
eth urine, and profiteth the sto-
hack, it preserveth a good co-
our, the visage, memory and
outh; it destroyeth the Palsie.
Take some 3 spoonfuls of it once
r twice a week, or oftner, mor-
ing and evening, first and last.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardamomie, Mace, Nutmegs, of each a dram, & of the juice of Celendine half a pint, adding the juice of Mints & Balm, of each half a pint more, & mingle all the said spices being beaten

beaten into a powder, with
juice; with a pint of good Ale,
& 3 pints of good white-Wine
put all these together in a pot,
let it stand all night being c
stopt, & in the morning distil
with a soft fire as can be, the
being close pasted, & a cold fi

A Medicine for the Stone in th
Kidneys.

Take a good handful of Pelli
ry of the Wall, a handful of M
Parsley, Saxifrage, a handful
wild Thime, a handful of gard
Parsley, three spoonfuls of F
nel seed, 6 horse-Raddish-ro
sliced, then shred all these to
ther, put them in a gallon of n
Milk, & let them stand & steep
a close pot 1 whole night, & th
still them, milk and all toget
this must be done in *May* or *J*
for then herbs are in their b
state, & when it is taken you
put two or three spoonfuls
this water, as much white win

Rhen

eniſh, and if you pleaſe a little
gar, and ſo take it two days be-
re the change, and two days af-
r, and two days before the full,
d two day after, continuing ta-
ing the ſame all the year, & the
atient undoubtedly ſhall find
eat eaſe, and void many ſtones,
much gravel, with little pain.

To make Horſe-raddiſh drink.

Take half a pound of Horſe-
addiſh, then waſh and ſcrape
em very clean, and ſlice them
ry thin croſs-wayson the root,
en put them into ſix quarts of
all Ale, ſuch as is ready for
inking, which being put into a
kin cloſe covered ſet on the
bers, keeping it a little more
an blood warm for twelve
urs, then take it off the fire, &
it ſtand to cool until the next
rning, then pour the clear li-
or into bottles, and keep it
your uſe, drinking a good
ught thereof in the morning,

faſting two hours after, and t… like quantity at four in the afte… noon, this drink is excellent go… againſt winds, as alſo for t… ſcouring and dropſie, being take… in time.

An excellent Syrrup againſt M… laucholy.

Take four quarts of the juy… of Pearmains, and twice as mu… of the juyce of Bugloſs and B… rage, if they be to be gotten, drachm of the beſt Engliſh S… fron, bruiſe it, and put it into … juyce, then take two drachm… *Kermes* ſmall beaten to pow… mix it alſo with the juyce, fo… ing mixt, put them into an … then veſſel, covered or ſtopt ſ… eight hours, then ſtrain it, … allow a pound of ſugar to e… quart of juyce, & ſo boil it to … ordinary height of a ſyrrup, … it is boiled take one drach… the ſpices of Diamber, and … drachms of the ſpices of *Dia…*

gar…

gariton frigidum, and so sew the same slenderly in a linnen bag, that you may put the same easily into the bottle of syrup, and so let it hang with a thread out at the mouth of the bottle, the spices must be put into the syrrup in the bag: so soon as the syrrup is off the fire, whilst it is hot, then afterwards put it into the bottle, and there let it hang: put but a spoonful or two of Honey amongst it, whilst it is boiling, & it will make the scum rise, and the syrrup very clear.

You must add to it the quantity of a quarter of a pint of the juyce of Balm.

An excellent Receipt for the Plague:

Take one pound of green Walnuts, half an ounce of Saffron, & half an ounce of *London*-Triacle, beaten together in a morter, and with a little *Carduus*, or some such water, vapour it over the fire till it come to an Electuary: keep this

in a pot, and take as much as Walnut, it is good to cure a Fever, Plague, and any infection.

An excellent Cordial.

Take the flowers of Marigold and lay them in small spirit wine when the tincture is full taken out, pour it off from the flowers, and vapour it away till come to a consistence as thick an Electuary.

For a bruise or stitch under the Ri

Take five or six handful of Cabage, stamp it, and strain it, af it is boiled in a quart of fair wat then sweeten it with Sugar, a drink it off in a wine-glass in t morning, and at four in the a noon for five or six days toget then take a Cabbage leaf, and tween 2 dishes stew it, being w first in Canary wine, and that hot to your side evening a morning.

An excellent Receipt for an Itch any foul Scabs.

Ta

Take Fox gloves, and boil a handful of them in posset-drink, & drink of it a draught at night, and in the morning, then boil a good quantity of the Fox-gloves in fair running water, and anoint the places that are sore with the water.

A Receipt good for the Liver.

Take Turpentine, slice it thin, and lay it on a silver or Purslane plate, twice or thrice in the oven with the bread till it be dry, and so make it into pouder, every day take as much as will lye on a six pence in an Egg.

For Flegm and stopping in the throat and stomack. D. T.

Take oyl of Almonds, Linseed oil, buds of Orange flowers, boil all these in Milk, and anoint the stomack well with it, and lay a scarlet cloth next to it.

For an extream cold and a cough.

Take of Hyssop water six ounces, of red Poppy water 4 ounces,

ces, six Dates, ten Figs, and slic
them small, a handful of Raisin
of the Sun, the weight of a shil
ling of the powder of Liquorice
put these into the aforesaid wa
ters, & let them stand five or si
hours upon warm embers, clos
covered, and not boil, then strai
forth the water, & put into it a
much Sugar of Roses as will swe
ten it, drink of this in the mor
ning, & at four of the clock in th
afternoon, & when you go to bed

To distil Triacle-water.

Take one ounce of Hart's-hor
shaved, and boyl it in three pin
of *Cardans* water till it come to
quart; then take the roots of El
campane, Gentian, Cipress, Tu
mentil & of Citron rinds, of eac
one ounce, Borage, Bugloss, Ros
mary flowers, of each two ou
ces, then take a pound of the be
old Triacle, and dissolve it in f
pints of white wine, and thr
pints of Rose-water, so infuse
together, and distil it.

It is good to restore spirits and
peech, & good against swooning,
aintness, agues and worms, and
he small pox.

Triacle water.

Take three ounces of *Venice* Tri-
cle, & mingle it in a quart of spi-
its of wine, set it in horse-dung
or 5 days, then still it in ashes or
nd twice over; after take the
ottom which is left in the Still,
nd put to it a pint of spirit of
ine, & set it in the dung till the
incture be clean out of it, and
train the clear tincture out of it,
nd set it on the fire till it become
o be a thick consistence, it must
e kept with a soft fire. And so
he like with saffron.

To take away Hoarsness.

Take a Turnip, cut a hole in the
op of it, & fill it up with brown
ugar-candy, & so roast it in the
mbers, and eat it with Butter.

To take away the Head-ach.

Take the best Sallade oyl, and

the glass, half full with tops poppy flowers which grow the Corn, set this in the Sun fortnight, and so keep it all t year, and anoint the temples your head with it.

For a Cough.

Take Sallade oyl *Aqua vitæ*, Sack, of each an equal quantit beat them alltogether, and befo the fire rub the soles of your fe with it.

To make Jelly of Harts-horn.

Take a quart of running wate and three ounces of Harts-hor scraped very fine, then put it in a stone Jug, & set the Jug in a ke tle of water over the fire, & let boyl 2 or 3 hours until it jell then put into it 3 or 4 spoonfu of Rose-water, or White wine then strain it: you may put in it Musk, or Ambergreece, and se son it as you please.

To make a Glister.

Take half a quart of new Milk

r 3 quarters, set it on the fire, & make it scalding hot, then take it off, and put into it the yolk of a new laid Egg beaten, 2 ounces of brown sugar candy, or black-sugar, give it to the party blood-warm.

Another.

Take the bone of a neck of Mutton or Veal clean washed, set it on the fire to boil in 3 pints of fair water, and when it is clean scummed then put in the roots of Fennel and Parsly clean washed and craped, of either of them, the roots bruised, a handful of Camomil & Mallows a handful, let all these boil together till half be wasted, then strain it, take 3 quarters of a pint of this broth, brown sugar-candy 2 ounces, of oyl of Flax seed two ounces, mingle all these together, and take it for a clister, blood-warm; when it is in your body, keep it half an hour, or three quarters of an hour, or an hour if you can.

A comfortable Cordial to chear the Heart.

Take one ounce of Conserve of Gilliflowers, 4 grains of the best Musk bruised as fine as flower, then put it into a little tin pot, and keep it till you have need to make this Cordial following, viz. Take the quantity of one Nutmeg out of your tin pot, put to it one spoonful of Cinamon-water, and one spoonful of the syrrup of Gilliflowers, Ambergreece, mix all these together, and drink them in the morning fasting 3 or 4 hours, this is most comfortable.

A Cordial for wind in the Stomach or any part.

Take six or eight spoonfuls of Penniroyal-water, put into it four drops of oyl of Cinamon, and drink it any time of the day, so you fast two hours after.

Restorative.

Take a well flesht Capon from the barn door, and pluck out his

In

intrals, then wash it within with a little white Wine, then flea off all the skin, and take out his bones, and take the flesh, only cut it in little pieces, and put it into a little stone bottle and put to it one ounce of white Sugar-candy, six Dates slit, with the stones and piths taken out, one large Mace, then stop the bottle up fast, and set it in a Chafer of water, and let it boil three hours, then take it out, and pour the juice from the meat, and put to it one spoonful of red Rose-water, and take the better part for your break-fast four hours before dinner, and the other part at three a clock in the afternoon, being blood-warm.

Another Restorative.

Take half a pint of Claret wine, and half a pint of Ale, and make a Caudle, with a newlaid Egg, put in half a Nutmeg cut into two pieces, then take it off the

fire

fire, and put in ſeven grains o Ambergreece, drink this for tw breakfaſts, for it will encreaſ blood and ſtrength.

Another Reſtorative.

Take two new laid Eggs, an take the whites clean from the and put the yolks both in on ſhell, then put in two ſpoonfu of Claret wine, ſeven grains o Ambergreece ſmall brui'ed, and little Sugar candy; ſtir all thef together, and make them blood warm, and ſup them up for break faſt three or four hours be fore dinner.

Another Reſtorative.

Take a young leg of Mutton, cut off the skin and the fat, take the fleſh being cut into ſmall pie ces, and put it into a ſtone bottle, then put to it two ounces of rai ſins of the Sun ſtoned, a large Mace, an ounce and half of Su gar-candy, and ſtop the bottle very cloſe, & let it boil in a Cha-

ſer

r three hours, and so put the ice from the meat, & keep it in clean glass, it will serve for 3 eakfasts; or if he will he may ke some at 3 a clock in the afrnoon being made warm.

A Restoring Broth.

Take 2 ounces of China roots, st slit very thin, then put it in a w Pipkin with 5 pints of runng water being close covered, d set it upon embers all night ng, where it may be very hot, t not seeth, then put to that ter a great Cock Chicken, & nen it is clean scummed, put in it 2 spoonfuls of *French* Barly, dates slit, with the piths and nes taken out, 2 ounces of rais of the Sun ston'd, a large ce, let all these boil together, half be consumed, then take t the Cock, & beat the flesh of n a clean Morter, and a little the broth, then strain it all toher throughout a hair Cullender,

lender, then put in two spo
fuls of red Rose water, and sw
ten it with white Sugar-can
drink of this broth, being m
warm, half a pint in the morni
early fasting, and sleep after i
you can, drink a good draught
three of the clock in the aft
noon, this broth is very good
a Consumption, and the lon
they take it, it is the better.

A strengthening Meat.

Take Potato roots, roast th
or bake them. then pill them,
slice them into a dish, put t
lumps of raw Marrow, and a
Currans, a little whole Mace,
sweeten it with sugar to y
taste, and so eat it instead
buttered Parsnips.

Broth for a Consumption.

Take 3 Marrow bones, bre
them in pieces, and boil them
a gallon of water til half be c
sumed, then strain the liq
through a Cullender, and le
sta

nd while it be cold, then take
f all the fat clean and put the
oth into a pipkin, and put to
a good Cock-Chicken, and a
uckle of Veal, then put into it
e bottom of a white loaf, a
hole Mace, two ounces of Rai-
s of the Sun stoned, six Dates
t, let all these boil together till
lf be consumed, then strain it,
stead of Almonds, take a few
staties kernels, & beat them, &
ain with your broths as you do
lmond milk, and so sweeten it
ith white sugar, & drink half a
at early in the morning, and at
clock in the afternoon, and so
ntinue a good while together,
else it will do you no good.

Another Cordial.

Take a preserved Nutmeg, cut
in four quarters, eat a quarter
a breakfast, and another in the
ternoon, this is good for the
ad and stomack.

A

A Cordial for a Break-fast fast

Eat a good piece of a Pome tron preſerved, as big as your t fingers in length & bredth, & at 3 of the clock in the afterno

A Reſtoring Break-faſt.

Take the brawn of a Capon Pullet, 12 Jordan Almonds bl ched, beat them together, a ſtrain out the juice with draught of ſtrong broth, & ta it for a breakfaſt, or to bedwa

A Medicine for any griping of the Belly.

Take a pint of Claret wine, to it a ſpoonful of Parſly ſeed, & ſpoonful of ſweet Fennel ſe half a dozen cloves, a branch Roſemary a wild Mallow r clean waſht and ſcrapt, and t pith taken out, with a good pie of Sugar, ſet this on the fire, a burn the Claret very well w all theſe things in it, then dri a good draught of it in the mo ning faſting, and at three a clo in the afternoon.

To keep the body, Lapintine.

Take half a pint of running ter, put it in a new Pipkin th a cover, then put into the ter two ounces of Manna, and en it is dissolved, strain it, and t to it four ounces of Damask unes, eight Cloves, a branch of semary, let all these stew to-ther while they be very ten-r, then eat a dozen of them th a litle of the liquor an hour fore dinner or supper, then ke a draught of broth & dine.

To make the China *Broth for a Consumption.*

ake *China* roots thin sliced two nces, steep it 24 hours in eight nts of fair water, letting it stand rm all the time, being close vered in an earthen Pipkin, or on pot, then put to it a good ckrel, or two Chickens clean essed, & scum it well, then put five leaved Grass 2 handfuls, aiden-hair, Harts-tongue, of ei-ther

ther half a handful, 20 Date
ced, 2 or 3 Mace, and the bot
of a Manchet, let all these
together, untill not above
quart remains; then strain it,
take all the flesh, & sweet bo
beat them in a stone Morter,
strain out all the juice with
broth, then sweeten it with
ounces of white Sugar-cand
powder, and take thereof ha
pint at once, early in the m
ning warm, and sleep after
you can, & 2 hours before sup
at your pleasure; when you
the root, slice two drachms
white Sanders, & as much red
ders, & let them boil in the br

A Gentle Purge.

Take an ounce of Damask
ses, eat it all at one time, f
quarters of an hour after, t
take a draught of Broth & di

Another Purge.

Take the weight of 4 or 5 p
of Rubarb, cut it in little pie

take a spoonful or two of
d Currans washt very clean,
ingle them together, & so eat
m, fast an hour after, & begin
t meal with broth, you may
e it an hour before if you will.

Broth for a Consumption.

ake a coarse Pullet, & sow up
belly; & an ounce of the con-
es of red Roses, of the con-
es of Borage and Bugloss flo-
s, of each o them half an
nce, Pine Apple kernels, and
taties, of each half an ounce
ised in a Morter, 2 drachms of
ber powder, all mixed toge-
r & put in the belly, then boil
n 3 quarts of water, with Egri-
ny. Endive and Succory, of
h one handful, Sparrow-grass
ots, Fennel roots, Caper roots,
one handful of Raisins of the
n stoned, when it is almost boi-
l, take out the Pullet and beat
in a stone Morter, then put it
o the liquor again, and give it

three

three or four walmes more, ſtrain it, and put to a little Roſe water, and half a pi white Wine, and ſo drink it morning, and ſleep after it.

To prevent miſcarrying.

Take *Venice* Turpentine, ſp it on black brown paper, breadth and length of a hand it to the ſmall of her back, give her to drink a caudle m of Muſcadine, and put into it husks of twenty three ſweet monds dried, & finely powde

For Boiles, or Kibes, or to dra a Sore.

Take ſtrong Ale, and boi from a pint to four ſpoonfuls ſo keep it, it will be an Ointm

To make Cammomil Oyl.

Shred a pound of Cammo & knead it into a pound of ſ Butter, melt it, and ſtrain it.

A Receipt for the Pluriſie.

Take 3 round Balls of Ho dung, boil them in a pint wh

ite Wine till half be consu-
d, then strain it out, and swee-
it with a little Sugar, and let
Patient go to bed and drink
, then lay him warm.

For an Ague.

ake a pint of milk & set it on
fire, & when it boils put in a
t of Ale, then take off the
d and put in 9 heads of *Cardu-*
let it boil till half be wasted,
n to every quarter of a pint
a good spoonful of Wheat-
wer, and a quarter of a spoon-
of gross Pepper, & an hour be-
e the fit, let the Patient drink
uarter of a pint, and be sure to
in a sweat before the fit.

An excellent Balm for a green Wound.

ake 2 good handfuls of *Eng-*
Tobacco, shred it small, and
it in a pint of Sallade Oyl,
d seeth it on a soft fire to sim-
, till the ovl change green,
n strain it, and in the cooling
put

put in two ounces of V
Turpentine.

For an Ach.

Take of the beſt Gall, w
wine Vinegar, and *Aqua vit*
each a like quantity, and b
gently on the fire till it g
clammy, then put it in a gl
pot, and when you uſe any o
warm it againſt the fire, rub
of it with your hand on the
ing place, and by a linnen c
on it, do this mornings
evenings.

To make a Sear-cloth.

Virgins Wax, *Sperma Ceti*,
nice Turpentine, oil of w
Poppy, oil of Ben, oil of
Almonds.

For Wind in the Stomach, a
for the Spleen.

Take a handful of broom,
boil it in a pint of Beer or
till it be half conſumed, & d
it for the wind and the ſtom
and for the Spleen.

moſt excellent Water for a Con-
umption and Cough of the Lungs.

Take a running Cock, pull him
ve, then kill him, when he is
moſt cold, cut him abroad by
e back, and take out the In-
ls, and wipe him clean, then
t him in quarters, and break
e bones, put him into ſuch a
ll as you ſtill Roſe-water in, &
th a pottle of ſack, a pound of
rrans, a pound of Raiſins of
e Sun ſtoned, a quarter of a
und of Dates, the ſtones taken
t, and the Dates cut ſmall, two
ndfuls of wild Thyme, two
ndfuls of Orgares, two hand-
ls of Pimperbal, and two hand-
ls of Roſemary, two handfuls
Bugloſs and Borage flowers, a
ttle of new milk of a red Cow,
ll this with a ſoft fire, put into
e glaſs that the water doth
op into, half a pound of Sugar
ndy beaten very ſmall, one
ok of leaf Gold cut ſmall a-
mong

mong the ſugar, 4 grains of
bergreece, 12 grains of prep
Pearl, you muſt mingle
ſtrong water with the ſmall,
drink 4 ſpoonfuls at a time in
morning faſting, & an hour
fore ſupper, you muſt ſhake ab
the glaſs, when you drink it.

For a Bruiſe.

Take 6 ſpoonful of Honey
great handful of Linſeed, br
theſe in a Morter, and boil th
in a pint of Milk an hour, t
ſtrain it very hard, and anno
your breaſt and ſtomack wit
every morning, and eveni
and lay a red cloth upon it.

The Eye water for the infirmit
and diſeaſes of the Eye.

Take of the diſtilled wate
the white wild Roſe, half a po
of the diſtilled water of Cel
dine, Fennel, Eye-bright, & R
of each two ounces, of Cloves
ounce & a half, of white Su
candy one drachm, of *Tutia*
pu

ared these ounces, pulverize all
ese ingredients each by them-
lvs, saving that you must bruise
e Camphire with your Sugar-
ndy, for so it breaks best, then
ix all the powders together in
Paper, put them in a strong
ass, pour the distilled waters
pon them, & 3 pints of the best
Vench white Wine that can be
ad, shake it every day 3 or 4
mes long together for a month,
then you may use it: remember
keep it very close stopt. This is
ratim as it was had from the
ord *Kelly*.

Medicin very good for the Dropsie or the Scurvy, & to clear the Blood.

Take 4 gallons of Ale, drawn
om the tap into an earthen
and; when the Ale is two days
d, then you must put in of
ooklime, of Water-cresses, of
ater-mints with red stalks, of
ch four handfuls, half a peck of
urvy-grass, let all these be

clean picked, and washed
dried with a cloth, & shred
a knife, and then put into a
then put in the Ale and s
close, so that it have no vent
it with Rie paste; the best Sc
grass groweth by the water
it must be 7 days after the th
be in, before you drink it.
two quarts of water, and put
ounces of *Guaicum*, two ounc
Sarsaparilla, one ounce of S
frage, put it into a pipkin,
fuse it upon the embers fo
hours, and then strain it, & p
into the Ale as soon as it
done working, this being a
makes the more Caudle.

For Sore Eyes.

Take half a pint of red R
water, put therein 4 penniw
of Aloe succotrina, as much
armoniack in quantity, let th
24 hours in steep, then wash
eyes with it evenings and m
ings with a Feather, and it
help them.

A Sirrup to strengthen the stomack, and the brain, and to make a sweet breath.

Take Rinds while they be new, one pound of running water the value of 5 wine pints, then seeth it unto 3 pints, then strain it, and with one pound of Sugar, seeth it to a Sirrup, and when you take it from the fire, put to it four grains of Musk.

For the burning in the Back.

Take the juice of Plantain, and Womans milk, being of a Woman Child, put thereto a spoonful of Rose-water, and wet a fine cloth in the same, and so lay it to your back where the heat is.

A very good Medicine to stay the Vomiting

Take of Spare-Mints, Worm-wood, and red Rose leaves dried, of each half a handful, of Rye bread grated a good handful, boil all these in red Rose-water and Vinegar, till they be some-

what tender, then put it into linnen cloth, & lay it to the ſtomack as hot as you can endure it, heating it 2 or 3 times a day with ſuch as it was boiled in.

For weakneſs in the Back.

Take Nip, and Clary, and the Marrow of an Oxe back, chop them very ſmall, then take the yolks of 2 or 3 Eggs, and fry them all together, then fry the uſe this ſix or ſeven times together, and after it drink a good draught of Baſtard or Muſcadine

To make a Cap for the pain & coldneſs of the Head.

Take of Storix and Benjamin of both ſome 12 penniworth bruiſe it, then quilt it in a brown paper, and wear it behind your head.

To make pectoral Rouls for a C

Take 4 ounces of Sugar finely beaten, & half an ounce of ſced Liquorice, 2 grains of Ma and the weight of two pence

he sirrup of Liquorice, and so eat it up to a perfect paste, with a little sirrup of Horehound, & a ittle Gum dragon being steeped n Rose water, then roul them in mall Rouls and dry them, and o you may keep them all the ear.

For the running of the Reins.

Take the pith of an Oxe that oeth down the back, a pint of ed Wine, and strain them toge- her through a cloth, then boil hem a little with a good quan- ity of Cinnamon, & a Nutmeg, nd a large Mace, a quantity of Ambergriece, drink this first and ast daily.

For Sun burn.

Take the juice of a Lemon, and little Bay-salt, and wash your ands with it, and let them dry f themselves, wash them again, nd you shall find all the spots nd stains gone.

For a Pin, and Web, and redness in the eye.

Take a pint of white Rose water, half a pint of white Wine as much of *Lapis Calaminaris*, as Walnut bruised, put all these in glass, and set them in the Sun one week, and shake the glass every day, then take it out of the Sun and use it as you shall need.

A special Medicine to preserve the Sight.

Take of brown Fennel, Honeysuckles of the hedg, of wild Daisie-roots picked, and washed, and dried, of Peal-wort, of Eyebright of red Roses, the white clipped away, of each of these a handful dry gathered, then steep all these herbs in a quart or 3 pints of the best white Wine in an earthen pot, & so let it lie in steep 2 or 3 days close covered, stirring it 3 times a day, and so still it with a gentle fire, making two distillings, and so keep it for your use

A pre-

proved Medicine for the Yellow Jaundies,

Take a pint of Muſcadine, a ſtyquantity of the inner bark a Barbery tree, 3 ſpoonfuls of e greeneſt gooſe dung you can , and take away all the white ots of it, lay them in ſteep all ght, on the morrow ſtrain it, & t to it one grated Nutmeg, one nniworth of Saffron dried, & ry finely beaten, and give it to ink in the morning.

To make Pectoral Rou's.

Take one pound of fine Sugar, Liquorice and Anniſe ſeed 2 oonfuls, Elecampane 1 ſpoon-l, of Amber, and Curral, of each quarter of a ſpoonful, all this uſt be very finely beaten and arced, and then the quantity at is ſet down muſt be taken, ix all theſe powders together ell, then take the white of an gg, and beat it with a pretty uantity of Musk, then take a

brazen mortar very well scour
and a spoonful or 2 of the Po
ders, and drop some of the Eg
it, so beat them to a paste,
make them in little rouls,
lay them on a place to dry.

A Plaister for a sore Breast.

Take crums of white bread,
tops of Mint chopped small;
boil them in strong Ale, & m
it like a poultess, and when
almost boiled, put in the pow
of Ginger, and oil of Time;
spread it upon a cloth, it w
both draw and heal.

A Medicine for the dead Palsie,
for them that have lost their spe

Take Borrage leaves, Marig
leaves or flowers, of each a go
handful, boil it in a good
Posset, the Patient must drink
good draught of it in the m
ning, and sweat; if it be in
arms or legs, they must be cha
for an hour or two when they
grieved, and at meals they m
drin

rink of no other drink till their peech come to them again, and n winter, if the herbs be not to e had, the seeds will serve.

An approved Medicine for an Ach, or Swelling.

Take the flowers of Cammomil, nd Rose leaves, of each of them like quantity, and seeth them n white Wine, and make a Plaier thereof, & let it be laid as hot s may be suffered to the place rieved, & this will ease a pain, nd asswage the swelling.

n approved Medicine for a stinking Breath.

Take a good quantity of Rosemary leaves and flowers, & boil hem in white Wine, and with a ttle Cinnamon and Benjamin eaten in pouder, being put ther, let the Patient use to wash his outh very often therewith, and his will presently help him.

A good Broth for one that is weak.

Take part of a Neck of Lamb,

and a pretty running Fowl, a
set them on the fire in fair spri
water, and when it boileth, sc
it well, so done, put in 2 bla
Mace, and a few Raisins of t
Sun stoned, and a little Fenn
root, and a Parsley root, and
them boil, if the party be griev
with heat or cold in the st
mack, if heat, put in a handful
barley boiled before in two w
ters, and some Violet leaves, So
rel, Succory, and a little Egrim
ny; if cold, put in Rosemar
Thyme, a little Marigold leave
borrage, and Bugloss, & boil th
from 4 pints to less than one.

A Receipt for Purging. D.T.

Take the leaves of new Sene
ounces, of chosen Rubarb o
ounce & half, leaves of Sage, a
Dock roots, of each one ounc
of Barberries half an ounce, Cin
namon, and Nutmeg of each
ounce, Annise seeds and Fenn
seeds, of each 6 drachms, of T
mari

arisk half an ounce, Cloves and ace, of each half a drachm, beat em into a gross pouder, and ang them in a linnen bag, in six allons of new Ale, so drink it ftingin the morning & at night.

To comfort the stomack, and help windiness and Rhume.

Take of Ginger 1 penniworth, Cloves four penniworth, Mace 7 penniworth, Nutmeg 4 penniworth, Cinnamon 4 peniworth, nd Galingal two peniworth, of each an ounce of Cubebs, Corral, and Amber, of each 2 drams, of Fennel seeds, Dill seed, & Carraway seed, of each one ounce, of Liquorice & Annise seeds, of each an ounce, all beaten into fine pouder, 1 pound & a half of fine beaten Sugar, which must be set on a soft fire, and being dissolved the pouders being well mixed therewith till it be stiff, then put thereunto half a pint of red Rose-water, and mix them well toge-

ther, and put it into a gally p
& take thereof first in the mo
ning, and last in the evening,
much as a good Hasel Nut, with
spoonful or two of red Wine.

To make a Callice for a weak Perso

Take a good Chicken, & a pie
of the neck end of Lamb or Vea
not so much as the Chicken, an
ler them on the fire, & when the
boil & are well scummed, cast in
large Mace, and the pieces of th
bottom of a Manchet, and half
handful of *French* barly boiled i
3 waters before, and put it to th
Broth, and take such herbs as th
party requireth, and put them i
when the broth hath boiled ha
an hour, so boil it from 3 & a ha
to 1, then cast it through a strai
ner, and scum off all the fat, so le
it cool, then take 20 good Jorda
almonds, or more if they be sma
& grind them in a Mortar with
some of the Broth, or if you think
your broth too strong, grind
them

Rare
em wi
ain th
it upe
with s
when
t the t
eces i
ain, &
t too
Take
ting i
urs a
a Wa
sk, a
eeabl
oport
n, ta
ke it
d re
rge
nds
Th
ke a
d sli
ggs

em with some fair water, and ain them with the broth, then it upon a few coals and season with some sugar not too much, when it is almost boiled, take t the thickest, and beat it all to ces in the mortar, & put it in ain, & it wil do well, so there be t too much of the others flesh.

For the Gout.

Take 6 drams of Ciriacostine ting in the morning, and fast 2 urs after it, you may roul it up a Wafer, & take it as Pils, or in sk, as you conceive is most a- eable for the stomack; this portion is sufficient for a Wo- n, take 8 drams for a man, and e it every 2d. day, untill you d remedy for it, it is a gentle rge that works only upon nds and water.

The Poultess for the Gout.

ke a peny loaf of white bread, d slice it, & put it in fair water, ggs beaten together, a handful

of

of red Rose leaves, 2 penywo
of Saffron dried to pouder, t
take the bread out of the wat
& boil it in a quantity of go
milk, with the rest of the ing
dients, and apply it to the pl
grieved, as warm as you can
endure.

For them that cannot hear.

Put into their ears good dr
Suet.

*A Soveraign water, good for m
Cures, and the health of Bodies.*

Take a gallon of good *Gasc*
Wine, white or Claret; then t
Ginger, Calingal, Cardomon,
namon, Nutmegs, Grains, Clo
Annise seeds, Fennel seeds,
raway seeds, of each of the
drams, then take Sage, Mints,
Rose leaves, Thyme, Pillito
Rosemary, wild Thyme, w
Marjoram, Organy, Penni mo
tain, Penniroyal, Cammomil,
vendar, Avens, of each of the

ndful, then beat the spices all, and the herbs, and put all to the Wine, & let it stand for e space of 12 hours, stirring it vers times: then still it in a mbeck, & keep the first water it self, for it is best, then will ere come a second water, which good, but not so good as the st, the Virtues of this Water be ese: It comforteth the Spirit tal, and preserveth greatly the irit Vital, and preserves the outh of man, and helpeth all in- ard diseases coming of cold, & gainst shaking of the Palsie; It ureth the contract of sinews, & elpeth the conception of the rten, it killeth the worms in e belly, it killeth the Gout, it elpeth tooth-ach, it comforteth e stomack very much, it cureth e cold Dropsie, it breaketh the one in the back, & in the reins f the back, it cureth the Can- er, it helpeth shortly the stink-

ing

ing breath; and whosoever u
this water ott, it preserveth t
in good liking; this water will
better if it stand in the Sun
the Summer, & you must dra
the first water but a pint, & o
2d as far as it will run, until
whole gallon of wine & herb
all done out. but the last wate
very small, & not half so good
the first; if you do draw abo
pint of the best water, you m
have all things moreas is afor

To stench the bleeding of a Wou

Take a Hounds turd and la
on a hot coal, & bind it there
and that shall stench bleeding,
else bruise a long worm, & m
powder of it, and cast it on
wound, or take the ear of a Ha
and make powder thereof, a
cast that on the wound, and t
will stench bleeding.

For spitting of blood after a fall or bruise.

Take Bittany, Vervain, No
ble

ed, and 5 leaved grass, of each
ke, & stamp them in a mortar,
l wring out the juice of them,
ut to the juice as much Goats
k, & let them seeth together,
l let him that is hurt drink of
days together till the waxing
he Moon, and let him drink
o Osmory and Comfry with
e Ale, and he shall be whole.

r to heal him that spitteth Blood.

ake the juice of Bettony, and
nper that with good milk, and
e the sick to drink our days,
d he shall be whole.

For to know whether one that
hath the Flux shall live or die.

ake a peny weight of Tresolle
d & give him to drink in Wine
Water, & do this 3 days, & if it
ase he shall live, with the help
Medicine if not, he shall die.

r to stench the bleeding of a Vein.

ake Rue & seeth it in water, &
er stamp it in a Mortar, and
y it on the Vein, then take

Lambs

Lambs wool that was never ſhed, and lay that thereon, that ſhall ſtench bleeding.

For a Vein that is evil ſmitten.

Take Beans and peel away lack, and ſeeth them well Vinegar, & lay them on the hot, in manner of a Plaiſter.

For one that piſſeth blood.

Take and ſeeth Garlick in ter, till the third part be wa away let him drink of the wa and he ſhall be whole.

For a woman travelling with

Take and give her Tittany drink in the morning; and ſhall be delivered without p or elſe give her Hyſop with ter that is hot, and ſhe ſhall delivered of the child, altho the child be dead and rotten, anon when ſhe is delivered, her the ſame without Wine, bind the herb Argentine to noſtrils, and ſhe ſhall be ſoon livered, or elſe Polipody & ſt

ay that on the womans foot
nner of a Plaister, and she
e delivered quick or dead,
e give her Savory with hot
r, and she shall be delivered.

inst Surfeiting and digesting.

the bottom of a wheat loaf,
oft it at the fire, till it be
n and hard, and then take a
quantity of *Aqua vitæ*, and
pon the same roasted, and
t in a single linnen cloth, &
t at the breast of the Patient
ight, and with the help of
he shall recover, and he shall
it or purge soon after.

ater to comfort weak Eyes, and to preserve the sight.

ke a gallon and a half of old
ar, fair & clean picked from
anner of soil. and then still it
n ordinary Still with a soft
, and the water that comes of
must be put in a glass, then
e half a pound of white Su-
candy, and bruse it in a mor-

tar

tar to powder, and after 3
when the water hath bee
glaſs, then put in the pow
Candy, then take an ou
Lapis Tutiæ prepared, and
into the glaſs to the reſt o
ſtuffe, then take an ounc
Camphire and break it be
your fingers ſmall, and put it
the glaſs, then ſtop the glaſs
and the longer it ſtands, the
ter it will be.

For tender Eyes, or for Child

Take a little piece of whit
gar-candy as much as a Che
and put it into 3 or 4 ſpoo
of white wine to ſteep, then
it out again & dry it, & when
dry, bruiſe it in a clean M
that taſtes of no ſpice, then p
upon a white Paper, and ſo
it to the fire that it may
through dry, and then ſear
through a little ſieve.

For hot Eyes and red.

Take ſlugs, ſuch as when

h them will turn like the
mel of swords, a dozen or 16,
e them first in a clean cloth,
then in another, & not wash
n, then stamp them, and put 3
our spoonfuls of Ale to them,
strain it through a dry cloth,
give it the party morning
evening, first and last.

For Corns.

ke fair water half a pint, Mer-
y sublimate a peniworth, Al-
n as much as a Bean, boil all
se together in a glass Still, till
oonful be wasted, and always
rm it when you use it, this
ter is also good for any Itch,
tet, Ring-worm or Wart.

Searcloth for a Sore, or Sprane, or any Swelling.

ake Vervain 7 ounces, of *Sirs*
unces, of Camphire 3 drams,
oyl of Roses ten ounces, let
e Wax and this Oil boil till the
ax be melted, then put in your
rs finely beaten, stirring it on

the

the fire till it look br
then put in the Camphire
beaten, & let it boil 2 or 3
and then dip in your cloth

A Poultess for a Swelli

Take a good handful of
leaves, and as much Grund
Chickweed and Mallows,
handful, cut all these w
knife, and so seeth them
Conduit water, & thicken it
Barly meal, being finely sift
so roul it sure, and lay it
swell'd place, & shift it twice

To make a strong water good
Canker or any old Sore, or
any lump of flesh that grow

Take of Calendine a hand
red Sage a handful, & of
bin leaves a handful, shr
these together very small, &
them in a quart of white W
a pint of water, letting it
all night, and on the m
strain it, & put therein of B
and Camphire of each nine

rth, and of Mercury four pe-
worth, and set them on a soft
e, boiling softly for the space of
hour, and when you will use
warm a little of it, dip in it a
th, and lay it on the Sore, or
it in any Cotton.

heal any Bruise, Sore, or Swelling.

Take two pound of Wax, and
o pound of Rosin, and two
und and a half of butter, and
r spoonfuls of Flower, and
o good spoonfuls of Honey,
t in your Wax, Rosin, & your
tter altogether, boil all these
gether and clarifie it, then put
two ounces of Carmerick, and
hen it hath thus boiled a quar-
o an hour, put a little water
a dish, and put it in, and let it
nd till it be cold, and when
u will use it, you may melt it
a soft fire, and put in your
thes, and make Searcloth, and
u may spread it Plaister-wise
heal any wound.

A Medicine

A Medicine for any wound

new.

Take a pint of Sallade Oil
4 ounces of Bees Wax, and
ounces of Stone pitch, and
ounces of Rosin, and two o
of *Venice* Turpentine, and
peniworth of Frankinsense,
a handful of Rosemary tops,
a handful of Tutson leaves,
a handful of Plantaine le
these herbs must be stamped,
the juice of them put to
things aforesaid, and let
boil together about a quar
an hour, or there abouts, th
ing done, put it into an ea
pot, & when it is cold you m
it as you have occasion, & k
a year, a most excellent Me

A Medicine for a Wen.

Take black Soap & unque
Lime, of each a like quan
beat them very small toget
spread it on a woolen cloth,
lay it on the Wen, & it will
sume it away.

or breaking out of Childrens heads.

Take of white Wine, and sweet utter alike, and boil them toge- er till it come to a Salve, and annoint the head therewith.

r to mundifie, & gently to cleanse Ulcers, and breed new flesh.

Take *Rosin* eight ounces, *Colo- onia* four ounces, *Era & Oliva, a* one pound, *Adypis ovini, Gum moniaci Opoponaci, ana* one nce, fine *Eruginis æris*, boil ut Wax, *Colophoni*, and Rosin, th the oil together, then in the Gums, being first dis- ved in Vinegar, and boil it h a gentle fire, then take it , and put in your *Verdigrice*, fine powder, and use it ac- ding to Art.

A Fomentation.

ake the liquor wherein Neats have been boiled, with But- and new Milk, and use it in nner of a Fomentation.

For the Falling-ſickneſs, or Convulſions.

Take the dung of a Peacock, make it into powder, and give ſo much of it to the Patient as will lie upon a ſhilling, in Succory-water faſting.

For a Tetter, proceeding of a ſalt humor in the Breaſt and Paps.

Annoint the ſore place with Tanners Owſe.

For the bloody Flux.

Take the bone of a Gammon of Bacon, and ſet it up on end in the middle of a Charcoal fire, and let it burn till it look like Chalk, and that it will burn no longer; then powder it, and give the powder thereof unto the ſick.

A Plaiſter for all manner of Bruiſes.

Take one pound of mede wax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of ſheeps tallow, ſhred them and ſeeth them ſoftly, and put to them a little white Wine

good Vinegar, and take of
rankincense, and Mastick, of
ch half an ounce in powder, &
t it to, and boil them together,
d still them till it be well relen-
d, and spread this salve upon a
ghty Canvas that will over-
ead the sore, and lay it there-
hot till it be whole.

To make Flos Unguentorum.

Take Rosin, Perrosin, and half
ound of Virgin wax, Frankin-
se a quarter of a pound, of
stick half an ounce, of Sheeps
ow a quarter of a pound, of
uphire two drams, melt that
t is to melt, & pouder that that
pouder, and boil it over the
, and strain it through a cloth
a bottle of white Wine, and
it altogether, and then let it
a little, and then put there-
quartern of Turpentine, and
all well together till it be
d, & keep it well. This Oint-
t is good for sores old & new,

t fuffereth no corruption in th
Wound nor no evil flesh to b
gendered it in, and it is good fo
headach, and for all manner
Imposthumes in the head, & f
wind in the brain, and for In
posthumes in the body, and f
boiling ears and cheeks, and f
fluice flegm in the face, and f
Sinews that be knit, or stiff,
sprung with travel; it doth dr
out a thorn, or iron, in what pl
soever it be, and it is good for b
ting or stinging of venemo
beasts; it rotteth and healeth
manner of Botches without,
it is good for a Fester, & Canke
and *Noli me Tangere*, and it dra
eth out all manner of aking
the Liver, & of the spleen, and
the Mervis, and it is good for a
ing and swelling of many me
bers, and for all members, and
ceaseth the flux of Menstrua,
ot Emeroids, and it is a spec
thing to make a fumed cloth
b

heal all manner of sores, and it searcheth farthest inward of any Ointment.

An Ointment for all sorts of Aches.

Take Bettony, Cammomile, Celendine, Rosemary, and Rue, of each of them a handful, wash the herbs, and press out the water, & then chop or stamp them very small, and then take fresh Butter unwashed and unsalted a quart; and seeth it until half be wasted, and clarified, then scum it clean, and put in of oil Olives 1 ounce, a piece of Virgins Wax, for to harden the Ointment in the summer time, and if you make it in the winter, put into your Ointment a litle quantity of foot-fennel instead of the Virgins Wax.

An excellent Sirrup to purge.

Take of *Sena Alexandria* one pound, Polipodium of the Oak 4 ounces, Sarsaparilla two ounces, Damask Prunes 4 ounces, Ginger seven drams Annise seeds one

ounce, Cummin seed half an ou
Carraway seeds half an ounc
Cinnamon ten drams, *Aristoloc
rotundæ, Pronia*, of each 5 dra
Rubarb one ounce, Agarick
drams, Tamarisk two handfu
boil all these in a gallon of
water unto a pottle, and wh
the liquor is boiled half awa
strain it forth, and then put
your Rubarb and Agarick in
thin clean handkercher, and
it up close, and put into the
liquor, & then put in two pou
of fine sugar, and boil it to t
height of a Sirrup, and take of
the quantity of six spoonfuls,
more or less as you find it wor
eth in you.

To make drink for all kind of Surfeits.

Take a quart of *Aqua*, or sm
Aqua vitæ, and put in that a go
handful of Cowslip flowers, S
flowers a good handful, and
Rosemary flowers a handf
swe

sweet Marjorum a litle, Pellitory of the wall a little, Bettony, and Balm of each a pretty handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel seed, Annise seed, Coriander seed, Carraway seed, Grumwel seed, Juniper berries of each a dram, bruise your spices & Seeds, and put them into your *aqua* or *aqua vitæ*, with your herbs together, & put to that 3 quarters of a pound of very fine Sugar, stir them together, and put them in a glass, and let it stand nine days in the Sun, & let it be stirred every day, it is to be made in *May*, steeped in a wide mouthed glass, and strained out into a narrow mouthed glass.

A Medicine for the Reins of the back.

Take Housleek, and stamp and strain it, then dip a fine linnen cloth into it, & lay it to the Reins of the back, and that will heal it.

A Medicine for the Ach in the Ba

Take Egrimony, and Mugwo both leaves and roots, & ſtamp with old Bores greaſe, and te per it with Honey and Eyſe and lay it to the back.

For a Stitch.

Take Roſes, and Cammomile, each a handful, and oyl of Roſe & oil of Cammomile, of both to gether a ſaucer full, & a quanti of Barly flower, boil all theſe t gether in Milk, and then take linnen bag, and put it there and lay the plaiſter as hot as m be ſuffered where the ſtitch is.

To make a ſalve for wounds tha be cankered and do burn.

Take the juice of Smallage, Morrel, of Waberb of each alike then take the white of Eggs, an mingle them together, and p thereto a little Wheat flower, an ſtir them together till it be thick but let it come near no fire, bu all cold, let it be laid on raw t

he sore, and it shall cleanse the wound.

A Medicine for a Bone-ach.

Take Brook-lime & Smallage, nd Daisies, with fresh Sheeps allow, and fry them together, nd make thereof a plaister, and ay it to the sore hot.

For Sinews that are shrunk.

Take young Swallows out of the est a dozen or 16, & Rosemary, avender, & rotten Straw-berry eaves, strings and all, of each a andful, after the quantity of the wallows, the feathers, guts & all, ray them in a mortar, and fry all hem together with *May* Butter, ot too much, then put it into an arthen pot, & stop it close 9 days hen fry it again with *May* But-r, and fry it well, and strain well, when you shall use it, hafe it against the fire.

water for the biting of a mad Dog.

Take Scabius, Matfiline, Yar-ow, Nightshade, wild Sage, the

leaves of white Lillies, of ea
like quantity, and ſtill them
common Still, & give the qu
ty of 3 or 4 ſpoonfuls of the
ter mingled with half a han
of Triacle, to any man or b
that is bitten within 3 days a
the biting, & for lack of the
ter, take the juices of theſe H
mingled with Triacle, it
keep theſore from rankling,
Dittany, Egrimony, and ruſty
con, and beat them fine toget
and lay it unto the wound, an
will keep it from rankling.

A proved Medicine for any one
have an Ague in their breaſt.

Take the Patients own wate
any others that is very young
ſet it on the fire, put there
good handful of Roſemary,
let it boil, then take two red
thes, and dip them in the wa
then nip it hard, and lay it on
breſt as hot as it may be endu
and apply it till you ſee the b
aſſwag

asswaged, then *keep* it very warm.

To kill a Fellon.

Take red Sage, white Sope, and bruise them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much Vinegar, the crums of leavened bread, & a little Honey, & boil them altogether, till they be thick, and lay that hot to the joint where the Fellon is, and that will heal it.

Doctor Stevens *Soveraign Water.*

Take a gallon of good Gascoign Wine, then take Ginger, Galingal, Cancel, Nutmeg, Grains, Cloves, Annise seeds, Carraway seeds, of each a dram, then take Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme Cammomile, Lavender, of each an handful, then bray both Spices and Herbs, and put them all into the Wine, and let them stand for 12 hours, divers times stirring them,

them, then ſtill that in a Limbe
but keep that which you ſtill f
by it ſelf, for that is the beſt, b
the other is good alſo, but not
good as the firſt.

The Vertues of this water a
theſe, It comforteth the Spir
Vital, and helpeth the inward
ſeaſes which come of cold; & t
ſhaking of the Palſie, it cure
the contraction of Sinews, a
helpeth the conception of W
men that be barren, it kille
worms in the body, it cureth t
cold Cough, it helpeth the toot
ach, it comforteth the ſtomack,
cureth the cold Dropſie, it hel
eth the Stone it cureth ſhortly
ſtinking breath, and whoſo uſe
this water enough, but not to
much, it preſerveth him in goo
liking, making him young.

Doctor Willoughbies *Water.*

Take Galingal, Cloves, Cubeb
Ginger, Melilot, Cardamom
Mace, Nutmegs, of each a dra

Rare

dof th
pint a
pow
nd wit
id thr
ine, a
a Stil
all ni
ll it w
The
diſſol
ungs
ne ſan
r peri
orteth
lood t
eed to
his W
eart t
or f
ove n
heun
t pre
nory,
nd if
man

d of the juice of Celendine half
pint and mingle all these made
powder with the said juice,
nd with a pint of good *Aquavitæ*
id three pints of good white
Vine, and put all these together
a Still of glass, and let it stand
all night, and on the morrow
ill it with an easie fire as may be.
The Vertue is of secret nature,
dissolveth the swelling of the
ungs without any grievance, &
he same Lungs being wounded
r perished it helpeth and com-
orteth, and it suffereth not the
lood to putrifie, he shall never
eed to be let blood that useth
his Water, and it suffers not the
eart to be burnt, nor Melancho-
y or flegm to have dominion a-
ove nature, it also expelleth the
heum, & purifieth the stomach,
preserveth the visage or me-
ory, and destroyeth the Palsie,
nd if this water be given to a
an or woman labouring to-

wards

wards death, one ſpoonful re
eth. In the Summer time uſe
a week faſting the quantit
one ſpoonful, and in winter
ſpoonfuls.

A Medicine for them that ha
a pain after their child-bed.

Take Tar, and freſh Barr
greaſe, and boil it together, t
take Pigeons Dung, and fry i
freſh greaſe, and put it in a ba

For the drink: Take a pin
Malmſey, & boil it, and put B
berries and Sugar in it, the B
berries muſt be of the whit
and put therein ſome Sande

Take ſome fair water, and ſe
over the fire, & put ſome grou
Malt to it, when they uſe th
things they muſt keep their b

For the running of the Reins.

Take *Venice* turpentine roll
in Sugar & Roſe-water, ſwall
it in pretty rolls, and put a pi
of ſcarlet warm to your back.

For Cods that be ſwollen.

Stamp Rue & lay thereto.

draw an Arrow head, or other Iron out of a wound.

Take the juice of *Valerian*, in e which you shall wet a Tent, nd put it into the wound, and y the same Herb stamped upon , then your band or binding as ppertaineth, and by this means ou shall draw out the Iron, and fter heal the wound as it re- uireth.

A Plaister for a green wound.

Take Flower and milk, and eeth them together till it be hick, then take the white of an gg and beat them together, and ay it to the wound, and that ill keep it from ranckling.

For a Lask.

Take an Egg, and *Aqua vitæ*, nd boil it with the Egg till it be ry; then take Cinnamon and ugar and eat it with the Egg.

For

For him that hath a bunch or b in his head, or that hath his h swollen with a fall.

Take 1 ounce of Bay salt, r Honey 3 ounces, Turpentine t ounces, intermingle all this u upon the fire, then lay it abr upon a linnen cloth, and ther make a plaister, the which y shall lay hot to the head, and will altogether assuage the sw ling, and heal it perfectly.

Against the biting of any venemous Beast.

As soon as the person feele himself bit with any venem beast, or at least, so soon as i possible, let him take green lea of a Fig-tree, & press the milk them 3 or 4 times into th' woun And for this also serveth Mustar seed mingled with Vinegar.

A perfect Remedy for him that is wounded with any Sword or Staf

Take *Taxas barbatas*, and stam it, and take the juice of it, and

Wound bleed, wipe it, and
ke it clean, washing it with
ite Wine, or water, then lay
said juice upon the wound, &
herb whereof you take the
e, upon it, then make your
d, and let it abide on a whole
, and you shall see a wonder-
effect.

A Bag to smell unto for Melancholy, or to cause one to sleep.

ke dry Rose leaves, keep them
e in a glass which will keep
m sweet, then take powder of
ts, powder of Cloves in a
s powder, and put the same
he Rose leaves, then put all
e together in a bag, and take
to bed with you, and it will
e you to sleep, and it is good
nell unto at other times.

For spitting of Blood.

ake the juice of Bettony
pered with Goats Milk, and
k thereof three or four mor-
s together.

An

An Ointment for all Sores, Swellings, and Heat.

Take a good quantity of lage, and Mallows, & put th 2 pounds of Boars greaſe, 1 of Butter, and oil of Neat quantity, ſtamp them well ther, then fry them, and them into an earthen pot, keep it for your uſe.

A ſalve for a new Hurt.

Take the whiteſt Virgins w can get, and melt it in a pa put in a quantity of Butte Honey, and ſeeth them to then ſtrain them into a fair water, and work it i hands, and make it in a Ball, & ſo keep it, and whe will uſe it, work ſome of tween your hands, and ſt upon a cloth, and lay it upo ſore, and it will draw and

Againſt the biting of a mad D the rage or madneſs that fo a man after he is bitten.

ke the blossomes or flowers of
d Thistles dried in the shade
beaten to powder, give him
rink of that powder in white
ne half a VValnut shell full,
in thrice taking it he shall
healed.

ainst the grief in the Lungs, and spitting of blood.

ake the Herb called of the A-
hecary *Ungula Caballina*, in
lish, Colts foot, incorporated
l with the lard o a Hog chop-
, and a new laid Egg, boil it
ether in a pan, and give it to
patient to eat, doing this nine
rnings, you shall see a marvel-
s thing, this is also good to
ke a man fat.

inst spitting of Blood by reason some Vein broken in the Breast.

Take *Mice* dung beaten into
wder, as much as will lie upon
roat, and put it in half a glass
of the juice of Plantane with
ttle sugar, & so give the pati-

ent

ent to drink thereof in the
ning before breakfast, & at
before he go to bed, conti
the same, it will make him
and sound.

For to cleanse the Head.

Take Pellitory of *Spain*,
chew the roots three days,
quantity, and it will purg
head, and do away the Ach
fasten the teeth in the gums.

A good Remedy against the Pl

Open a white loaf in the
new baked, & spread it well
Triacle on both the halfs
crum side, and heat it at the
then lay one of the halfs on
place of the disease, & the
half on the other side of the
directly against it, and so
them that they loose not, no
leaving them so a day & a
or until the Imposthume
which I have sometimes see
2 hours or less, then take
the bread, and immediate

Pa

ent will begin to spit and
the putrifaction of the Im-
hume, and after he hath slept
tle, you shall give him meat,
with the help of God he shall
tly heal.

for a Pin, or Web in the Eye.

ake two or three Lice out of
s head, and put them alive
the eye that is grieved, and
lose it up, and most assuredly
Lice will suck out the Web in
eye and will cure it, & come
h without any hurt.

emedy to be used in a fit of the Stone when the water stops.

ke the fresh shels of Snails the
west will look of a reddish co-
r and are best, take out the
ls, and dry the shels with a
derate heat in an oven after
bread is drawn, likewise take
s and dry them so, and beat
m severally into powder, then
e twice so much of the Bees.
wder as the snails, & mix them
well

well together, keep it close covered in a glass, and when you use it, take as much of this powder as will lie upon a sixpence, put it into a quarter of a pint of the distilled water of Bean flowers, & drink it fasting, or upon an empty stomack, & eat nor drink nothing, for 2 or 3 hours after. This is good to cause the party to make urin, & bring away the gravel or stone that causeth the stoping, & hath done verymuch good.

A sirrup for the pain in the stomack.

Take 2 good handfuls of young Rue, boil it in a quart of good white wine Vinegar till it be half consumed, so soon as it is throughly cold, strain it, & put to every pint of the liquor a pound & a quarter of loaf-sugar, & boil it till it come to a sirrup, when you use it, take a good spoonful of this in the morning fasting, & eat nor drink anything for 2 or 3 hours after. It is good for pain in the stomack the

eeds of windy vapours, and
cellent good for the Lungs
bstructions of the Breast.
ceipts for bruises, approved by
dy of Arundel.
black jet, beat it to pouder
et the Patient drink it eve-
rning in beer till it be well.
Another for the same.
e the sprigs of Oak-trees, &
em in a paper, roast them, &
them, and drink as much
powder as will lie upon a
nce every morning, untill
atient be well.
To cause easie Labour.
e 10 or 12 days before her
ng, 6 ounces of brown sugar
beaten to powder, a quar-
a pound of Raisins of the
oned, 2 ounces of Dates un-
, sliced, half an ounce of
e seeds bruised, a quarter of
nce of Cowslip flowers, one
of Rosemary flowers, put
n a fine lawn bag with a
flint

flint ſtone that it may ſink i
pottle of white VVine, let it
24 hours, & after take of it i
morning, and at four in th
ternoon, and in the eve
the quantity of a wine glaſs

A Cordial for the Sea.

Take 1 ounce of Syrup of C
Gilliflowers, 1 dram of *Co*
Alchermes, an ounce and a h
Borrage water, and the li
Mint water, 1 ounc. of Mr. *M*
fords water, & as much of C
mon water temper all theſe t
ther in a Cordial & take a ſp
ful at a time when you are at

A Plaiſter to ſtrengthen the Ba

Take 8 yolks of Eggs new
1 ounce of Frankincenſe b
into fine powder, mingle t
well together, put in as
Barly flower as wil make it t
for a Plaiſter, ſpread it on le
lay it to the ſmall of the
letting it lie nine hours, uſe
plaiſters one after another,

uſt ſlit the plaiſter in the midſt, as it may not lie on the back.

one.

preſent remedy for a woman with Child, that hath taken harm by fall, or fright, or any miſchance.

To ſtay the child, and ſtrengthen it, take one ounce of Pickel jawes fine beaten and ſearced, Dates ſtones, and *Bole Armoniak*, of each one ounce, of *Sanguis draconis* half an ounce, give of eſe, being well ſearced and ingled together, a *French* Crown eight in Muskadine or Malmy, and let the woman keep her f very warm.

For a weak Back.

Take of red lead half a pound, white lead half a pound, boil eſe in three pints of Sallade l in a pipkin, ſtirring them ntinually with a piece of Iron, til it be of a gray colour, then wl it up in rowls, and keep it your uſe.

Oyl of Saint Johns *Wort.*

Take a quart of Sallad oil, thereto a quart of the flowe St. *Johns* Wort well picked, them lie therein all the yea the ſeeds be ripe, the glaſs m kept warm, either in the S in water all the ſummer unt ſeeds be ripe, then put in a ter of St. *Johns* Wort ſeeds & ſo let it ſtand 12 hours, the muſt ſeeth the oil 8 hours, glaſs being kept open, & th ter in the pot full as high oil is o height in the glaſs, when it is cold ſtrain it, th ſeeds may not remain in t then put up the oil for you

A Green Salve for an old S

Take a handful of Groun as much Houſleek, of Ma leaves a handful, pick and theſe Herbs clean, but wash not, then beat all theſe her wooden boul as ſmal as is p then ſtrain out all the juice,

put in a quantity of Hogs greaſe, as much as 2 Eggs, beat all theſe together again, then put in the juice again, and put in ten Eggs, yolks and whites, 5 ſpoonfuls of *Engliſh* Honey, & as much wheat flower as will make all this as thick as a ſalve, and ſo ſtir it very well together, and put it cloſe up in a pot that it take no air, and ſo keep it for your uſe.

A moſt excellent Powder for the Cholick and Stone.

You muſt take morning and evening before you go to bed, *Sperma Cœti* one ounce and half, Cloves and Mace 1 quarter of an ounce, Anniſe-ſeeds, & *Perſtone*, of each 2 ounces, Cinnamon, and ſmall Pepper of each 1 quarter of an ounce, Date ſtones a quarter of an ounce, Liquorice, Fennel, and Sage, Bay-berries, of each three quarters of an ounce, Acorns one quarter & half of an ounce, Lilly roots two drams, the white of

Oyſter-ſhells burned in the
one quarter of an ounce, be
theſe into fine powder, & d
as much thereof in Ale or
as will lie on a ſix pence, and
one hour or two after it; if
party be ſore grieved, take
handful of Parſly, and ſeeth
Ale till half be ſod away wit
or 30 Prunes therein ſtra
and put thereto two ſpoonfu
this powder, and drink it m
ings & evenings ſomewhat w

*A preſent Remedy for the Ru
of the Reins.*

Take an ounce of Nutm
half an ounce of Maſtick,
ſlice the Nutmegs, and put t
in ſteep in Roſe Vinegar al
night, then lay them in a di
dry before the fire then take
Maſtick, and lay it in Papers
beat it with a hammer very ſ
and put a little Corral well
ten unto it, and as much Am
griece, then mingle theſe t
toge

gether with Sugar and make it leaſant to eat, & ſo take a good uantity morning and evening.

A Salve for a green Wound.

Take two handfuls of water-ittany, two handfuls of Roſe-ary ſhred very ſmall, a quarter a pint of Turpentine half a ound of yellow Wax, a quart of allade oil, half a pint of White ine, boil all theſe together hile the white Wine be quite onſumed, then it will be green come to the height of a Salve.

proved Medicine for a burning or ſcalding by lightning or otherwiſe.

ake Hogs greaſe, or ſheeps trea-les, and Alehoof, beat theſe very ell together, then take more ogs greaſe, & boil it to a Salve.

To uſe it.

Annoint the place grieved ith this Ointment, and then lay pon the ſore ſo annointed, olewort leaves, which muſt be oiled very ſoft in water, and the

strings made smooth with beating them with a Pestle.

A Powder for the Green Sickness approved with very good success upon many.

Take of Cloves, Mace, Nutmegs of each one quarter of an ounce beat them severally, and then altogether very well, fine sugar very small beaten one quarter of a pound, and then mix and beat them all four together, Pearl the sixt part of half an ounce finely beaten, mingle it with the rest and beat them altogether again, the filing of Steel or Iron an ounce and a quarter, sift it very fine, and mingle it with the rest but if so small a quantity will not serve, add a quarter more of the mettle, let it be sifted before you weigh it: but if all this will not serve the turn, put in a little Rubarb, or a little Aloe succatrina.

The manner of using this Powder.

In the morning when you rise

e half a spoonful of it, as
ch at four a clock in the af ter-
on, and as much when you go
bed, walk or stir much after
first taking of it, I mean eve-
morning and evening, fast one
ur after the taking of it, or
re, and then eat some Sugar-
s or thin broth.

The Patients Diet.

She must forbear Oatmeal in
oth or any other thing, Cheese,
gs, Custards, or any stopping
eat: take care that this be not
ven to any woman that hath
nceived or is with Child.

Drink to stanch Blood inwardly.

Take the juice of one handful
Shepherds purse, of Parsly, and
ive finger, of each as much, take
ve slips of Egrimony, strain all
hese juices into the milk of a
ed Cow, and drink thereof ear-
y and late warm.

A Powder to keep the Teeth cl and from being worm eaten.

Take Rosemary burned to a Cuttles bone, Harts-horn burn to powder, *Sal Gemma* 12 pe weight, the flowers of Pomegr nates, white Corral, of each a fi peny weight, make all these i powder, and with a little Ro water, & a sage leaf, rub the teet

A Salve to heal all manner of Sores and Cuts.

Take one pint of Turpentine one pint of oil Olives, a quart of a pint of running Water, ni branches of Rosemary, 1 ounc of unwrought Wax, 2 ounces Roses, seeth all these together i a little pan over the fire, let seeth until there arise a litt white scum upon it, then stir i with a stick, suffering it to boil until one quarter be consumed, then take it from the fire, strain it through a coarse cloth, but it must be done quickly after it be taken

aken from the fire for cooling, after you have strained it in an arthen pot, let it cool, and keep t for your use.

To make Oil of Sage, good for the grief in any joynt, or for any ach.

Take Sage and Parsley, seeth hem in the oil Olive, till it be hick and green.

A Medicine, to purge and amend the Heart, Stomack, Spleen, Liver, Lungs, and Brain.

Take Alexander, Water-cresses, young Mallows, Borrage, & Fennel roots pared, Mercury, Harts-tongue, and Clare, and make of these Pottage.

To drive infectious diseases from the heart.

Take Mithridate and Century, of each 2 ounces, 8 spoonfuls of Dragon water, one pint of white Wine, 7 spoonfuls of *Aqua vitæ*, boil altogether a little, strain it, then set it on the fire again a little while, & drink of it morning and evening.

For the Tooth-ach.

Take Pepper and Grains, each one ounce, bruise them, and compound them with the water of the diseased, and make it of a good thickness, & lay it outward on the cheek against the place grieved, & it will help it for ever after.

Another.

Take dried Sage, make powder of it, burnt Allum, Bay salt dried, make all in fine powder, and lay it to the tooth where the pain is, and also rub the gums with it.

For the Strangullion or the Stone.

Take the inner rind of a young ash, between 2 or three years growth, dry it to powder, and drink of it as much at once, as will lie on a sixpence in Ale or white Wine, and it will bring present remedy: the party must be kept warm two hours after it.

For the Stone.

Take the stone that groweth within the gall of an Oxe, grate

,and drink of it in white Wine, much as will lie upon a fixence at once; for want of white Vine make a posset of Ale, and larifie the Ale from the curd, hen boil one handful of Pellitoy therein, and drink of the owder with it.

For the black Jaundies.

Take earth-Worms, wash them n white Wine, then dry them, & eat them into powder, and put to a little Saffron, and drink it in eer.

A drawing Salve for an old Sore.

Take Rosin half a pound beaten to powder; Sheeps tallow a quarter of a pound, melt them together, and pour them into a Bason of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing it up & down the space of one hour till it be very white, then make it up in rowls, and reserve it,

it, to ſtrike thin plaiſters upon old ſores.

A Water to waſh Sores withal.

Take Wormwood, Sage, Plantain leaves, of each one handful Allum 2 ounces, Honey 2 ſaucerfull, boil all theſe together in 3 pints of water till half be conſumed, then ſtrain it, & reſerve the liquor to waſh the ſore withal.

A Medicine to cure the Gargets in the throat.

Take a pint of *May* butter, and put it on the fire in a poſnet, and put into it of the inner bark of Elder one good handful, & ſome Daſie roots, ſeeth it to half the quantity, and ſtrain it, & ſo keep it cool; take this ointment & annoint your throat, then take the ointment, and ſtrike a long plaiſter with it very thick of the ointment, then ſtrike upon the ointment the beſt Jane triacle, & upon that ſtrew groſs pepper very thick, ſtrike it on with a knife,

warm

warm the plaister, and bind it
ound your throat to your ears,
enew it once a day with the
intment, & the triacle & pepper,
lay it on again, before you use
his ointment, scour your mouth
nd throat with the powder of
och Allum burned, mix it with
e pouder of Madder or Pepper.

For the Hearing.

Take an Onion, take the core
t of it, fill it with Pepper, slice
in the midst, being first wrapt
a paper, and roasted in the
bers, lay it to each ear.

r a dead Child in a womans Body.

Take the juice of hyssop, temper
in warm water, and give it the
oman to drink.

For a Woman that hath her Flowers too much.

Take a Hares foot, and burn it,
ke powder of it, and let her
ink it with stale Ale.

A Medicine for the Gout.

Take Tetberry roots, and wash
and

and ſcrape them clean, and ſl
them thin, then take the gre
of a Barrow hog, the quantity
either alike, then take an earth
pot, then lay a lane of greaſe
the bottom, then a lane of roo
then the greaſe again, & ſo ro
& greaſe till the pot be full, th
ſtop the pot very cloſe, & ſet it
a dunghil 21 days, then beat it
together in a bowl, then boil
good while, then ſtrain it, and
in a peniworth of *Aqua*
then annoint the place grie
very warm againſt the fire.

A Diet drink for the run
Gout, Ach in the Joynts, and
all infections.

Set 7 quarts of water on the f
and when it boileth, put the
four ounces of *Sarſaparilla*, bru
and let it boil 2 hours very ſo
cloſe ſtopped or covered; t
put in 4 ounces of Sene, 3 ou
of Liquorice bruiſed, of *Stae*
Hermodactyl, *Epithymum*, a
Cam

mmomil flowers, of every one
lf an ounce, & ſo boil all theſe
o hours very ſoftly, then ſtrain
& keep it in a cloſe veſſel cloſe
pped, when it is cold, then boil
ain all the aforeſaid ingredi-
ts in 7 quarts of water, 4 hours,
th a ſoft fire cloſe covered,
en ſtrain it and keep it as the
her by it ſelf, & take of the firſt
good draught one hour before
u riſe in the morning, and a
aught at the beginning of din-
r, and another at ſupper, & go-
g to bed, and at all other times,
ink of the latter when you liſt,
d eat no meat but dry roaſted
utton, Capon, Rabbet, wit hout
t, and not baſted, but to your
eakfaſt, a poached Egg, no
ead, but Biſket, or dried cruſt,
d at night Raiſins of the ſun,
d Biſket bread, drink no other
ink but this.

A Plaiſter to heal any Sore.

Take of Sage, Herb-grace, of
each

each like quantity, Ribw
Plantain and Daſie roots, m
than half ſo much of each
them, with Wax, freſh Greaſe,
Roſin, make it a Salve, if the fl
grow proud, then put alw
upon the Plaiſter, before you
it to the ſore, burn: Allum, and
will correct the fleſh.

To cauſe a Woman to have her ſickneſs.

Take Egrimony, Motherwo
Avens and Parſly, ſhred th
ſmall with oatmeal, make P
tage of them with Pork, let h
eat the Pottage, but not the Po

For the Stone.

Take the green weed of t
Sea, which is brought with O
ſters, waſh it, and dry it to po
der, drink it with Malmſey
ing.

To kill Worms.

Take Aloe ſuccatrina 2 ounc
let it ſtand in a quart of Malm
eight hours, drink it morn
and evening.

For a hot Rheum in the Head.

Take Rose-water, Vinegar and Allade oil, mix them well toge-ther & lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, at it to powder, and drink it.

r an Itch or any scurf of the Body.

Take Elecampane roots or ves, stamp them; and fry them th fresh Gre ase, strain it into a h, and annoint the Patient.

one that is bruised with a fall.

Take Horse-dung, and sheeps t, boil them together, and ap- it to the same place, being upon a cloth.

For the Emeroides.

Take Hops and Vinegar, fry m together, and put it into a le bag, and lay it as hot as it be endured, to the Funda-nt, divers bags one after ano-r, and let one continue at it.

For

For one that is burned with Gun-powder or otherwise.

Take one handful of Groundsel, twelve heads of Houſleek, one pint of Gooſe dung, as much Chickens dung, of the newest that may be gotten, ſtamp the Herbs as ſmall as you can, then put the dung into a morter, temper them together with a pound of Bores greaſe, labour them together half an hour, and ſtrain through a Canvas bag with a cleft ſtick into an earthen pot and uſe it when need requires, it will laſt two year.

To heal a prick with a Nail or Thorn.

Take two handfuls of Celandine, as much Orpen, cut it ſmall and boil it with oil olive and wrought Wax, then ſtrain it and uſe it.

To ſtop the bleeding of a cut or wound.

Take Hop, ſtamp it, and put into the wound, if Hop will

t, then put to it Vinegar with Hop.

For a Scald.

ke the leaves of ground Ivy, e handful, Houſleek 1 hand- wash them, and ſtamp them in ne Morter very ſmall, and as ſtamp them, put in a pint of m by little and little, then n it, and put it in a pot with ther. take of this, and an- t the ſcalded place, and then a linnen cloth in the ſame ment & lay it on the place, & that rowl other clothes.

An Ointment for a Tetter.

ke *Sal armonick* one ounce, it into fine powder, then it with ſope, and freſh greaſe, each two ounces, make an ment and annoint the place.

For the ſinging in the Head.

Take one Onion cut out the e, and fill that place with the der of Cummin, & the juice Rue, ſet on the top again, and roaſt

roast the Onion in embers, t
put away the outside, and p
in a cloth, wring out the ju
take black wool & dip it in,
this into thine ear where
singing is, and if it be on b
sides, then serve one after anot

A Drink for one that is weak,
misdoubting a Consumption.

Take 3 handfuls of Rosem
bruise it a little, and close i
paste, bake it in an Oven unt
be well dried, then cut the pa
and take forth the Rosemary
fuse it in 2 quarts of Claret wi
with 2 ounces of good Trie
1 ounce of Nutmegs, of Cin
mon and Ginger, of each half
ounce bruised; let them stand
fused 2 nights and one day, t
distil it in a Limbeck, drink h
of one spoonful or two
your heart.

A Drink for the Plague.

Take red Sage, Herb-gr
Elder leaves, red Brier leaves,

ach one handful, ſtamp them nd ſtrain them with a quart of hite-wine, and then put to it *ſquæ vitæ*, and Ginger, drink ereof every morning 1 ſpoon-l, nine mornings together, and will preſerve you.

For a bruiſe or ſtitch.

Take the kernels of Walnuts & mall Nuts, Figs, Rue, of each one andful, white Salt the quantity f one Walnut, one race of Gin-er, one ſpoonful of Honey; beat hem all together very fine, and at of it three or four times eve-y day, make a plaiſter of it, and y it to the place grieved.

A drink for one that hath a Rupture.

Take Com'rey one good hand-l, wild Daſie roots as much, and e like of knotted graſs, ſtamp l theſe together, and ſtrain it ith Malmſey, and give it to the atient to drink morning and vening 9 days, blood warm; if be a man, that hath been long

ſo,

ſo, he muſt lie nine days upon back, and ſtir as little as he c he be a child, he muſt be ke much lying as you may for days, if you think the drink ſtrong for the child, give it but 5 days in Malmſey, and reſt in ſtale Ale; have care the party have a good Truſs, keep him truſſed one whole at the leaſt.

A Plaiſter for a Rupture.

Take the juice of Comfrey, Daiſie-roots, and knotted gr each a like quantity, freſh b and unwrought Wax, of e like quantity, clarifie them rally, then take of the ro Comfry, dry it, and make po of it, take the powder of An ſeed, & Cummin ſeed, but tw much Cummin ſeed, as An boil theſe powders in the and unwrought Wax on t fire a good while, then p your juice, let it boil a wh

wo, so take it from the fire, stir it altogether till it be cold, take hereof and spread it, and lay it to his Cods as hot as he can suffer it, and use this till he be whole: this plaister is most excellent for a Child that is burst at the Navel.

GRATIOSA CURA.

A Water for a Cut or a Sore.

Take Honeysuckles the knots ipt off, flowers of Celendine, flowers of red Sage, of each three poonfuls, Five-finger, Comfry uch as is to knit bones, Daisies ith the roots thereon, Ladder of eaven, blossoms of Rosemary, etwel, Herbgrace, Smallage, red oses with the knots on, or else ed Rose cakes, Adders-tongue f each of these one handful, eth altogether in six gallons of ater that runneth towards the ast, until 2 gallons be sod in, en strain them, and put to the ater 3 quarts of *English* Honey, ne pound of Roch-allum, one

peni-

peniworth of Madder, one p
worth of long Pepper, ſeeth
together until one gallon be
ſumed, then cleanſe the wate

For the Wind Collick.

Take the flowers of Walnu
dry them to powder, and tak
them in your ale or beer, o
your broth as you like beſt, a
will help you.

To make a ſoveraign Oyl of a F
for the numbed Palſie.

Take a Fox new killed, caſe
bowelled, then put into the b
of Dill, Mugwort, Cammo
Campites, Southernwood,
Sage, Oliganum, Hop, Stz
Roſemary, Coſtmary, Co
flowers, Balm, Bettony, ſw
Marjorum, of each a good ha
ful, chop them ſmall, and
thereto of the beſt oil of Ca
Dill & Cammomil, of each 4 o
ces, mix the herbs and oils t
ther, and ſtrow over them A
nium a good handful, put t

all into the Fox, & ſew up his belly cloſe, & with a quick fire roaſt him, and the Oil that droppeth out, is a moſt ſingular Oil for all Palſies or numneſs. Approved.

To comfort the brain, and procure ſleep.

Take brown bread crums the quantity of one Walnut, one Nutmeg beaten to powder, one dram of Cinamon, put theſe into a Napkin with two ſpoonfuls of Vinegar, four ſpoonfuls of Roſewater, and one of womans Milk.

For the weakneſs in the back.

Take the pith of an Oxe back, put it into a pottle of water, then ſeeth it to a quart, then take a handful of Comfry, one handful of knotted graſs, one handful of Shepherds purſe, put theſe into a quart of water, boil them unto a pint, with 6 Dates boiled therein.

For a Canker in any part of the body.

Take Filbird Nut-leaves, Lavender cotten, Southerwood,

Wormwood, Sage, Woodbi
leaves, ſweet Brier leaves, of ea
a like quantity, of Allum a
Honey a good quantity, ſeeth
theſe till they be half ſodde
waſh the Sore with it.

For an old Bruiſe.

Take one ſpoonful of the ju
of Tanſie, and as much Nip,
peniworth of *Sperma Ceti*, pu
into a little Ale, and drink it.

Oyl of Foxes, or Badgers, for
in the joints, the Sciatica,
eaſes of the Sinews, and pai
the Reins and Back.

Take a live Fox or Badger,
middle age, of a full body,
ſed, and fat, kill him, bowel
skin him, ſome take not ou
bowels, but only his excre
in his guts, becauſe his guts
much greaſe about them,
his bones ſmall that you
have all the marrow; this
ſet him a boiling in ſalt
and ſea water, and ſalt wat

each a pint and a half, of oil three pints, of salt 3 ounces, in the end of the decoction put thereto the leaves of Sage, Rosemary, Dill, Organy, Marjoram, and Juniper Berries, and when he is so sodden that his bones and flesh do depart in sunder, strain all through a strainer, and keep it in a vessel to make Linaments for the ach in the joynts, the Sciatica, diseases of the sinews, and pains of the veins and back.

To make the Leaden Plaister.

Take 2 pound and 4 ounces of oil Olive of the best, of good red Lead one pound, white lead one pound well beaten to dust, twelve ounces of *Spanish* sope, and incorporate all these well together in an earthen pot, well glazed before you put them to boil, and when they are well incorporated, that the sope cometh upward, put it upon a small fire of coals, continuing upon the fire

the ſpace of an hour and a half ſtill ſtirring it with an Iron Ra upon the end of a ſtick, the make the fire ſomewhat bigger until the redneſs be turned int a gray colour, but you muſt n leave ſtirring till the matter b turned into the colour of oil, ſomewhat darker: then drop of upon a wooden trencher, and it cleave not to the finger, it enough: then make it up in rowls, it will keep twenty ye the older the better.

The virtue of the Plaiſter.

The ſame being laid upon t ſtomack, provoketh appetite, taketh away any grief in the ſtomack, being laid on the belly, preſent remedy for the Chol and laid unto the reins of t back, it is good for the blo Flux, running of the Reins, heat of the Kidneys, & weak of the back: the ſame healet ſwellings, bruiſes, & taketh a

ach, it breaks Fellons, pushes, and other Imposthumes, and healeth them, the same draweth out any running humours, without breaking the skin, & being applied to the fundament, it healeth any disease there growing, being laid on the head, is good for the Uvula, it helpeth the head-ach, and is good for the eyes.

For a pricking of a Thorn.

Take fine Wheat-flower, boulted, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmsey, and burn it well, then take about six spoonfuls thereof, and put to the quantity of a Nutmeg of good Triacle, and so much spice grains beaten, as you can take up with the tops of your 2 fingers, mix it together, and let the party sick drink it blood-warm, if he be infected it will procure him to cast, which if he do, give him as much

more, & ſo ſtill again and again, obſerving ſtill ſome quantity till the party leave caſting, and ſo after he will be well, if he caſt not at all, once taken it is enough and probably it is not the ſickneſs: after the party hath left caſting, it is good to take a competent draught of burnt Malmſie alone with Triacle and Grains, it will comfort much.

Another Medicine for the Plague.

Take of Setwel grated one root, of Jane Triacle 2 ſpoonfuls, of Wine Vinegar 3 ſpoonfuls, of fair water 3 ſpoonfuls, make all theſe more than luke-warm, and drink them off at once well ſteeped together, ſweat after this ſix or ſeven hours, and it will bring forth the Plague ſore.

To break the Plague-ſore.

Lay a roaſted Onion, alſo ſeeth a white Lilly root in milk, till it be as thick as a Poulteſs, and lay it to the ſame, if theſe fail, lay

the sore, and so draw it & heal it with salves for Botches, or Biles.

To make a Salve to dress any Wound.

Take Rosin and Wax of each half a pound, of Deer suet, and Frankincense of each 1 quarter of a pound, of Mastick in pouder one ounce, boil all these in a pint of white Wine half an hour with a soft fire, & stir it in the boiling that it run not over, then take it from the fire, & put thereto half an ounce of Camphire in pouder, when it is almost cold, put thereto one quarter of a pound of Turpentine, after all these be mingled together, then put it into white Wine; and wash it as you wash Butter, and then as it cools, make it up in rowls.

Almost excellent water for sore Eyes.

Take a quart of Spring water, set it upon the fire in an earthen Pipkin, then put into it 3 spoonfuls of white salt, & one spoonful

of white Coperas, then boil them a quarter of an hour, ſcum it as it doth boil, then ſtrain it through a fine linnen cloth, and keep it for your uſe.

When you take it you muſt lie down upon the bed, & drop two drops of it into your eye, ſo rest one quarter of an hour. not wiping your eyes, and uſe it as often as need ſhall require.

If the eye have any pearl or film growing upon it, then take a handful of red double Daiſie leaves, and ſtamp them, & ſtrain them through a linnen cloth, and drop thereof one drop into your eye, uſing it three times.

A Plaiſter for one that is bruiſed.

Take half a pint of ſallade Oil, or Neats-foot Oil, half a pint of Engliſh Honey, 2 or 3 peniworth of Turpentine, a good quantity of Hogs greaſe, 2 or 3 peniworth of *Bole Armoniack*, half a pint of ſtrong Wine-vinegar, half a doze

of Egg-ſhells, and all beaten very ſmall, one handful of white ſalt, put all theſe together into an earthen pot, ſtir & mingle them together exceeding well, then as much Bean-flower, or Wheat flower as will thicken it plaiſterwiſe, then with your hand ſtrike it, on the grieved place once a day, and by Gods help it will eaſe any ſore that cometh by means of ſtriking, wrinching, bruiſing, or other kind of ſwelling that proceedeth of evil humors.

Balm water for a Surfeit.

Take two gallons of ſtrong Ale, and one quart of Sack, take four pound of young Balm leaves, and ſtred them, then take one pound of Anniſe-ſeeds, & as much Liquorice beaten to powder, put them all into the Ale and Sack to ſteep twelve hours, put it into a Limbeck and ſo ſtill it, it is good for a ſurfeit of choler, for to comfort the heart, and for an Ague.

A

A Restorative Water in sickness the Patient being weak.

Take 3 pints of very good new milk, and put thereto one pint of very good red Wine, the yolks of 21 Eggs, and beat them together; that done, put in as much fine Manchet as shall suck up the Milk & Wine, then put the same into a fair Stillatory, and still it with a soaking fire, & take a spoonful of this water in your Pottage or drink, & this in one or 2 months will prevent the Consumption.

To make a Caudle to prevent the Lask.

Take half a pound of unblanched Almonds, stamp them, & strain them in a quart of Ale, and set it on the fire, then take the yolks of four Eggs, & make it for a Caudle, and so season it with a good quantity of Cinnamon and sugar, and eat it every morning at breakfast.

For one that cannot make water to break the Stone.

Take

Pare a Reddish root, and slice it thin, & put it into a pint of white Wine, & let it infuse 6 or 7 hours, then strain it, & set it on the fire; & put thereto one Parsly root, & one spoonful of Parsly seed, and half a handful of Pellitory of the wall & seeth it until half be wasted, & give it lukewarm to drink.

A Diet against Melancholy.

Take Sene 8 ounces, Rubarb six drams, Polipody of the Oak, *Sarsaparilla*, & Madder roots, of each four ounces, Annise-seeds, Fennel seeds, *Epithymum*, of each 1 ounce, Mace, Cloves, & Nutmegs, of each 2 ounces, Egrimony, Scabios, and red Dock roots of each 1 handful; make them all small, & put it into a long narrow bag or boulter, hang it in a vessel of Ale that containeth 6 gallons, when it is a week old, drink it morning and evening for the space of one fortnight, keep you all that time warm, & a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenh[air], Egrimony, Scabios, of each o[ne] handful, Chamepitis, Hyſop, each a dozen drops, Endive a[nd] Succory, of each 3 or 4 leaves young Fennel and Parſly, of ea[ch] one root, 1 ſtick of Liquorice, o[ne] ſpoonful of Barberries clean w[a]ſhed, 1 ſpoonful of Anniſe ſeed 20 Raiſins of the Sun, ſtoned boil all theſe in a pottle of Wa[ter] to a quart, then ſtrain it, and p[ut] thereto of the beſt ſugar o[ne] quarter of a pound, Conſerve[s] violets one ounce; & ſo boil it as long as any ſcum ariſe, then ſtra[in] it again, and uſe this very warm.

For one that cannot make water.

Take the ſeeds of Parſly, of [the] Fennel, of Saxifrage, of Carr[a]ways, of the kernel of Hip ber[ries], of each a like quantity, p[ut] in ſome powder of Jet, mingle theſe, being beaten to powder well together, & drink it in [a] Ale luke warm.

To make Aqua Composita.

Take of Anniſe ſeeds and Liquorice, bruiſed, of each half a pound, Thyme and Fennel, of each half a handful, Calamint 2 handfuls, Coriander & Carraway ſeeds bruiſed, of each two ounces, Roſemary & Sage, of each half a handful, infuſe theſe a whole night in 3 gallons of red Wine or ſtrong Ale, then ſtill it in a Limbeck with a ſoft fire.

An Ointment for a Swelling.

Take of Marſh Mallons, of Wormwood, of Smallage, of each one handful, boil it with one pound of the greaſe of a barrow Hog until it be very green, then ſtrain it and keep it very cloſe. Lady *Pawlet.*

A Plaiſter for the Back.

Take half a pint of Oyl of Roſes, four ounces of white Lead ground into fine powder, put your oil into a clean Poſnet, & ſet it on the fire, & when it is warm, put

put in your white Lead, ever stirring it, then put into it of your Wax one quarter, stir it until it be black, then take it from the fire, & in the cooling put thereto two peniworth of Camphire, of white sanders, & yellow sanders, of each the weight of four pence fine *Bole* & *Terra sigillata*, of each a peniweight, in fine pouder all, still stirring it til it be almost cold, & so make it up in rouls: use it as need requirs, for all weakness, wasting, or heat in the Kidneys. *Cran sh.*

To make Oyl of Swallows.

Take one handful of Mother-Thyme, of Lavender-cotten, and Strawberry leaves, of each alike, four Swallows, feathers and altogether well bruised, 3 ounces of Sallade oil, beat the herbs, & the Swallows, feathers & altogether, until they be so small that you can see no feathers, then put in the oil, & stir them wel together, and seeth them in a posnet, and

ſtrain them through a Canvas cloth, & ſo keep it for your uſe.

For a Thorn, Fellon or Prick.

Take the juice of Fetherfew, of Smallage, of each one ſaucer full, put to it as much of Wheat flower, as will make it ſomewhat thick, and put to it of good black ſope the quantity of a Walnut, mingle them together, and lay them to the ſore.

A drink for one that hath a Rupture.

Take the Comfit, otherwiſe called Boneſel, a pretty handful. of Woodbitten as much, Bread, Plantain, & leaves of Cammock, ſomewhat more then a handful, of Vervain, as much as of the Cammock, of Daſie roots a ſmall quantity, of elder tops, or young buds, the leaſt quantity, ſtamp all theſe together & put unto them, being ſtamped, one pint of pure white Wine, then ſtrain it, and drink of it morning and evening, one hour or more before break-

breakfast or supper, a good draught blood-warm.

If it be a sucking Child, let the Nurse drink posset Ale of the aforesaid drink, and let the Child suck immediately, if he be an old body let him take it lying in his bed 9 days, if it may be conveniently, or otherwise to use straining.

For a Lask or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, seeth these half away, & give the Patient 6 spoonfuls to drink morning and evening, if you think it be too hard put in a piece of sugar.

A Lotion Water for the Canker.

Take one gallon of pure Water, four handfuls of Woodbine, of Marigolds, and Tetsful, of each two handfuls, of Celendine, Rue, Sage, and Egrimony, of each one handful, boil all these to a quart, then strain it, & put thereto two great

eat spoonfuls of the best *English* oney, and one ounce of Roch lum boil them all again as long any scum ariseth, then take it off put it in a close bottle, & use it oodwarm when need requires.

For the Mother.

Take 3 or 4 handfuls of Fern at groweth upon a house, seeth in Rhenish Wine till it be well dden, then put it in a linnen oth, and lay it to her Navel as ot as she may suffer it, four or ve times.

A Water for all old Sores.

Take Honeysuckles, Water Be- ony, Rosemary, Sage, Violet aves, Elder-leaves, cut them all mall together, and seeth them in quart of running water, put hereto two spoonfuls of Honey, nd a little Allum.

For one that hath a great heat in his Temples, or that cannot sleep.

Take the juice of Housleek, & f Lettice, of each 1 spoonful, of womans

womans Milk six spoonfuls, p
them together,& set them upo
Chafing dish of coals, and
thereto a piece of Rose ca
and lay it to your Temples.

To quench or slack your Thirst.

Take one quart of running w
ter out of the brook, seeth it,
scum it, put thereto five or
spoonfuls of Vinegar, a g
quantity of sugar and Cinnam
three or four Cloves brui
drink it lukewarm.

For one that hath a great heat in
hands and stomack.

Take four Eggs, roast th
hard, peel them, lay them in
negar 3 or 4 hours, then let
sick man, hold in either h
one of them,and after some
change them and take the ot
and it will allay the heat.

Against all Aches especially o
Womans breast.

Take Milk & Rose leaves,
set them on the fire,& put th

Oatmeal, and oil of Roses, boil
m till they be thick, and lay it
under the sore, and renew it
hat it be always hot.

For the Ptisick and dry Cough.

Take the Lungs of a Fox, beat
em to powder, take of Liquo-
e & sugar candy a good quan-
y, a small quantity of Cummin,
x these all well together, and
t them in a bladder, and eat
it as often as you think good
a day.

To take away Warts.

ake Snails that have shels, prick
em, and with the juice that co-
eth from them rub the Wart
very day for the space of 7 or
days and it will destroy them.

A perfect water for the Sight.

Take Sage, Fennel, Vervain,
ottony, Eyebright, Pimpernel,
inquefoil, and Herbgrace, lay
ll these in white Wine 1 night,
ill it in a stillatory of glass, this
ater did restore the sight of one

that

that was b ind 3 years befor

To restore the Hearing.

Take Rue, Rosemary, Vervain, Marjoram, of each handful, of Cammomil 2 h fuls, stamp them, and mould in Rie dough, make thereof loaf, bake it as other bread, when it is baked, break it in midst and as hot as may be ed bind it to your ears and them warm and close one da more, after it be taken away, bear ye to take cold.

For a Fellon in the Joints.

Take Rue, Featherfew, B grease, Leaven, Salt, Honey, leaves of Sage, shred them gether small, then beat the gether, & lay it to the sore p

To comfort the Brains, and procure sleep.

Take a red Rose-cake, t spoonfuls of white-Wine Vi gar, the white of one Egg, t

spoo

oonfuls of Womans Milk, ſet all eſe on a Chafing-diſh of Coals, at them, and lay the Roſe cake on the diſh, and let them heat gether, then take one Nutmeg, ſtrew it on the Cake, then put betwixt two clothes, & lay it to ur forehead as warm as you ay ſuffer it.

A Medicine for a forehead with a Scald.

Take one peck of Shoomakers reds, ſet them over the fire in a raſs-pan, put water to them and eth them ſo long as any Oil will iſe, and evermore be ſcumming the Oyl, then take Plantain, bwort, Houſlee leaves, ground y, knotted graſs, wild Borrage, urſan, Herb Bennet, Smallage, ewel leaves, of every one a like antity, & beat them in a Morter d ſtrain them, then take half a ainworth of Roſin, half a peni-orth of Allum, a little Virgins ax, beat them, and put them in

to

to a pan, and ſet it over the
put thereto the Herbs and
Oyl, let them ſeeth till all be
ted, then ſtrain them into a
and ſtir them till they be
and put it into a box for
uſe, when you dreſs your
heat a little in a ſawcer, and
it every day twice, pull out
hairs that ſtand upright,
with a linnen cloth wipe
the corruption.

A Salve for a Green Wound, old Sore.

Take the leaves of green
bacco two pounds, of Vale
two pound, beat them very
then ſtrain them, and take
juice thereof, put one pou
yellow Wax, one pound of
one pound of Deer ſuet,
them together till they be
green, and when it is cold, p
it a quarter of a pound of
pentine, and keep it for
uſe.

For the running of the Reins.

Approved.

Take the Roes of red Herrings, y them upon the coals till they ll beat to powder, then give it the patient to drink in the orning fasting, as much as will upon a shilling in 5 spoonfuls Ale or Wine, be he never so eak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows ease, two handfuls of Mugwort opped very small, boil it with e Barrows grease upon a soft e by the space of 4 hours, then ain it from the Mugwort, and t it up in an earthen thing for ur use, and anno int your feet you go to bed.

A Medicine for any heat, burning, Scalding. Approved.

Take half a pint of the best eam you can get, and set it in a r Poinet, upon the fire, then take

take two good handfuls of R
roots, leaves & all, clean wa
& very finely ſhred, put them
to the ſame poſnet, & boil it
the fire until it be a clear O
ment, then ſtrain it throu
cloth, and keep it for your uſe.

To make Aqua Compoſita *to*
for a Surfeit, or a cold ſtom
and to avoid Flegm and glut
the ſtomack.

Take one handful of Roſem
one good root of Elecampan
handful of Hop, half a handf
Thyme, half a handful of t
6 good crops of red Mints, an
much of Penniroyal, half a h
ful of Harehound, ſix crop
Marjoram, 2 ounces of Liquo
well bruiſed. and ſo much of
niſe-ſeeds, then take 3 gallo
ſtrong Ale, & put all the afore
things, Ale & Herbs, into a
pot, then ſet them upon the
and ſet your Limbeck upon
ſtop it cloſe with paſte, that

ome no air out, and so keep it
ith a soft fire, as other *Aqua vitæ*.

For an Ach in the Joynts.

Take clarified Butter a quarter
f a pound, of Cummin 1 pound,
lack soap a quarter of a pound,
ne handful of Rue, sheep-suet 2
unces, Bayſalt 1 spoonful, bray
hese together, then fry them
ith the gall of an Ox, spread it
n a plaister, & lay it on as hot as
ou can, and let it lie seven days.

A Plaister to lay to the Head for a Rheum which runneth at the eyes.

ake the pouder of Rose-leaves,
ose-water, & Bettony water, of
ch a like quantity, & a little Vi-
egar, put your powders into the
ater and Vinegar, still them and
mper them, and make them in
Plaister, and put to it a little
owder of *Terra sigillata*.

Water to be used with the Plaister aboveſaid for the same purpose.

Take one quart of new Milk,
o pound of green Fennel, a

quarter of a pound of Eyebright put the herbs & milk into a Still latory, cast half an ounce of Camphire thereon, and with this water wash your eyes and temples.

For the Emeroides, approved.

Take a piece of tawny cloth burn it in a Frying pan to powder, then beat it in a Mortar fine as may be, searce it, then lay it on a brown paper, and with spittle make it plaisterwise, and lay it to the place, and truss it with clothes.

To break any Sore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto sallade oil 3 or 4 spoonfuls, and a pint of Milk, & seethem together to a good thickness, spread it on a cloth, and lay it to the sore; instead of Sallad Oyl you may use Deer suet.

A Bath for an Ach in the Back and Limbs.

Take Mugwort, Vervain, Fetch

sew, Dill, Rosemary, Burnet, Tunhoof, Horehound, and white Mints, Senkel, and sage of each one handful, seeth all these in four gallons of running water, and let it seeth till one gallon be wasted, then bath your legs with it five nights together.

A Medicine for any Joint that is numb with any Ach, approved.

Take Virgin wax one ounce, Verdigriece half a quarter of an ounce, Brimstone, soap, oil of Eggs of Allum, of Honey, of each alike quantity, temper them altogether, and lay it upon the place grieved somewhat warm.

A Medicine for a Fellon of any Finger.

Take as much Bay-salt as an Egg, wind it in gray paper, lay it in the embers a quarter of an hour, then beat it in a morter very fine, then take the yolk of a new laid Egg, beat it with this powder untill it be very stiff, spred it upon a cloth,

lay it upon the joint griev'd 24 hours, and so dress it three times.

For a Boil or Push.

Take the yolk of a new laid Egg, a little *English* Honey, put it into the shell to the yolk put in as much Wheat meal as will make it to spread, then take one branch of Rue, & one of Fetherfew, shred them very fine, and put it to the same medicine, stir them very well together, spread it upon a piece of leather, and lay it to the place grieved.

An Electuary to cause good digestion, and to comfort the Stomach.

Take Setwell and Gallingal, each three slices, Nutmegs, Ginger, and Cinnamon, of each two slices, three Bay-berries sliced small and husked, three slices of Liquorice, half a spoonful of Anniseeds clean dusted, one long Pepper cut small, white Pepper three grains, as much black pepper beat them all into a gross pow-

der, then put thereto two grains of musk, one grain of Ambergriece, then take Mint-water and Sugar, boil them together, and when they are come to the right perfection of thickness, put in those powders above mentioned in the cooling with a little Conserve o Rose-mary flowers; of this take the quantity of a Nutmeg, half an hour before you eat or drink at meals.

A Pouder for the Rheum or sore eyes.

Boil one pint of Hop-water, made when the Hop is in the flour, till it be scalding hot, then put into it half a pound of Liquorice in very fine powder, the water being taken from the fire, for the Liquorice must not boil in the Water, stir them together till the water be clean consumed, then add to them of Annise seeds, and Fennel seeds, of each half a pound made into very fine powder through a searce, Angelica

roots, Elicampane roots, & leaves add flowers of Eyebright made into very fine powder, of each one ounce and a half, mingle these together, and so keep it close, and when you eat of this powder, weigh out of the whole quantity two ounces, whereunto add as much good *Aqua vitæ* as will moisten it, or Angelica water, or *Rosa solis*, to keep it from being musty, set it near the fire, eat of these powders at any time as much as you may take up with a groat, and it is special good for the Rheum, for cold or for sore eyes. *Mr. Bendlow.*

A Salve for any Wound.

Take Rosin, Perosin, Wax, of each eight ounces, of sheeps suet and Frankincense, of each four ounces, one ounce of *Mastich* made in powder, boil all these in a pint of white Wine half an hour, then take it from the fire and put thereto half an ounce of

Camph-

Camphire in powder; when it is almost cold put thereto four ounces of Turpentine, and make it up in rowls, but before it be rowled you must wash it up in running water. A.T.

How to deliver a Child in danger.

Take a Date stone, beat it into powder, let the woman drink it with wine, then take Polipody and emplaister it to her feet, and the Child will come whether it be quick or dead, then take Centory, green or dry; give it the Woman to drink in wine, give also the Milk of another Woman.

A most singular Sirrup for the Lungs; and to prevent a Consumption.

Take Egrimony, Scabios, Borrage, Bugloss, of each twenty leaves, Fole-foot, Lungwort, Maiden-hair, of each half a handful, Succory and Endive, of each six leaves, of *Carduus benedictus*, Horehound, Nip, of each four

four crops, unset Hop, half a handful, Fennel roots, Parsley roots, Smallage roots, of each 2 roots sliced, and the piths taken out, Elecampane 4 roots sliced, Iris roots half an ounce sliced, Quince-seeds one ounce, Liquorice three good sticks scraped, and sliced small, twenty Figs sliced, Raisins of the Sun 1 good handful sliced, and the stones taken out, boil all these in a gallon of running water till half be consumed, then take it from the fire and let it settle, then strain it, and boil it again with as much white sugar as will make it thick as syrup, that it may last all the year.

A Powder for the Stone.

Take Haws and Hips, of each a good handful, Ashen keys half a handful, 3 or 4 Acorns, the shell of three new laid Eggs, Grumwell seeds, Parsly seeds, of each half an ounce, Perstone a good handful, Camock roots half a handful,

make

make all these in fine powder, then put thereto two ounces of Sugar-candy beaten something small, take a sixpenny weight of this powder at a time in the morning fasting, and drink not after it one hour.

For the Collick and Stone.

Take one handful of *Phili Penula*, of Rosemary, of Saxifrage, of Ivy growing on the wall, of Hart-tongue, of Thyme, of Parsly, of Scabios, of each 4 handfuls, of Marigolds one handful, of Majoram 3 handfuls, of brown Fennel, of Londebeefe, of Spernits, of Borrage, of each 2 handfuls, of Maiden-hair 3 handfuls, still all these in *May*, keep it in a Glass till you have need of it, then take of it five spoonfuls, & three of white Wine, & of clean powder of Ginger half a spoonful, put these together and warm it lukewarm, and let the Patient drink it in the morning 2 hours

before he rise out of his bed, l
him lay more clothes upon hi
for it will provoke him to swe
after the sweat is gone, let hi
rise and walk whither he will.

A good water to drink with wi
or without to cool Choler.

Take Borrage roots, & Succor
roots of each two, wash & scra
them fair and clean, and take o
their cores, then take an earthe
pot of two gallons, fill it with fa
spring water, set it on a fire
Charcoal, put the roots in it, a
3 peniworth of Cinnamon, wh
it beginneth to seeth, put into
four ounces of fine sugar, and l
it seeth half an hour, then take
off, let it cool, and drink there
at your pleasure.

How to make Aqua Composita *f*
the Cholick and Stone.

Take strong Ale one mont
old, as many gallons as your p
will hold, and for every gal
take two ounces of Liquorice
a

and as much Anniſe-ſeeds, and of theſe Herbs following two handfuls of each to every gallon, of Birch leaves, Burnet, Paſphere Pellitory of the wall, Watercreſſes, Saxifrage, Grumwell ſeeds, *Philipendula*, Peniroyal, Fennel, half a root of Elicampain, of Haws, of Hips, of Berries, of Brambles, and Barberries of each half a pint, ſtill them as you do other *Aqua vitæ*.

A Medicine for the Cholick paſſion.

Take the ſmooth leaves of Holly, dry them, and make them into powder, of Grumwell ſeed, & Box-ſeed of each a little quantity, let the Patient drink therof.

How to take away the fervent ſhaking and burning of an Ague.

Take of the rind of the Wilding-tree, with the leaves in Summer, of each half a handful, as much Bettony, 3 crops of Roſemary, ſeeth them in a quart of poſſet-Ale to a pint, and let the ſick drink

drink of this as hot as he can, and so within 3 times it will ease him.

For the hardness and stiffness of the Sinews.

Take 12 fledg'd Swallows out of the nest, kill them, beat them feathers and all in a Mortar, with Thyme, Rosemary and Hop, then seeth them with *May* butter a good while, then strain them through a strainer, as hard as you can, and it will be an Ointment take the strings that grow out of the Strawberries, and beat them amongst the rest.

How to stay the Flux.

Take white Starch made of wheat two or three spoonfuls and take also new Milk from the Cow, stir these together, and let them be warmed a little, & give to the party grieved in manner of a Glister, a present remedy.

An approved medicin for the Plague, called the Philosophers Egg: It is a most excellent preservative against all poysons, or dangerous Diseases that draw towards the Heart.

Take a new laid Egg, & break a hole so broad as you may take out the white clean from the yolk, then take 1 ounce of Saffron, and mingle it with the yolk, but be careful you break not the shell, then cover it with another piece of shel so close as is possible, then take an earthen pot with a close cover, with warm embers, so that it shall be not buried, and as those embers do cool, so put in more hot; and do so for the space of two days, until you think it be dry, for proof whereof you shall put in a pen, and if it come out dry it is well, then take the Egg & wipe it very clean, then pare the shell from the Saffron, & set it before the fire, and let it be warm, then beat it in a Morter very

very fine, and put it in by it self
then take as much white Mustard
seed as the Egg & Saffron & grind
it as small as meal, then searce
through a fine Boulter, that you
may save the quantity of the Egg
so searced, then take a quarter of
an ounce of Dittany roots, as
much Turmentil, o *Nuces Vomicæ*
one dram, let them be dried by
the fire, as aforesaid, then stamp
these 3 last severally, very fine in
a Morter, then mix them 3 well
together, after that take, as
thing most needful, the roots
Angelica and Pimpernel, of each
the weight of sixpence, make
them to powder, and mix them
with the rest, then compound
therewith five or six scruples of
Unicorns horn, or for want thereof
of Harts horn, and take as much
weight as all these fine powders
come to, of fine Triacle, & stamp
it with the powders in a Morter
untill it be well mixt & hang'd
th

the pestle, & then it is perfectly made, then put the Electuary in a stone pot, well nealed, and so it will continue twenty or thirty years, and the longer the better.

How to use this Electuary.

First when one is infected with the pestilence, let him take so soon as he can, or ever the disease infect the heart, one crown weight in gold of this Electuary, and so much of fine Treacle, if it be for a man, but if it shall be for a woman or child take less, & let them be well mixed together, & if the disease come with cold, give him the Electuary with half a pint of white Wine warm, & well mixed together, but if it come with heat, then give it him with Plaintain Water, or Well water, and Vinegar mixt together, and when he hath drunk the same, let him go to his naked bed, and put off his shirt, and cover him warm, but let his bed be well warmed

warmed first, & a hot double sheet wrapped about him, & so let him sweat 7, 8, or ten hours, as he is able to endure, for the more he doth sweat the better, because the disease fadeth away with the sweat; but if he cannot sweat then heat 2 or 3 Bricks or Tiles & wrap them in moistclothes with water & salt, & lay them by his sides in the bed, & they will cause him to sweat, & as he sweateth, let it be wiped from his body with dry hot clothes being conveyed into the bed, and his sweat being ended, shift him into a warm bed with a warm shirt and all fresh new clothes, using him very warily for taking of cold & let his clothes that he did sweat in be well aired and washed, lest they be infectious; & let the keepers of the sick beware of the breath or air of the party in the time of his sweating, therefore let her muffle her self with double

le old cloth, wherein is Worm-
rood, Rue, Fetherfew, crums of
wer bread and Vinegar, and a
ittle Rose water, beat all these
ogether, and put it into the muf-
er made new every day while
ou do keep him, and let the sick
arty have of it bound in a cloth
o smell on while he is in sweat,
hen after do it away, and take a
ew; & because he shall be faint &
istempered after his sickness, he
hall eat no flesh, nor drink wine
he space of 9 days, but let him
se these Conservatives for his
ealth, as Conserve of Buglos,
orrage & red Roses; & especially
e shal drink 3 or 4 days after he
ath sweat morning & evening,
ounces of the juice of Sorrel
ixed with an ounce of Con-
rve of Sorrel, & so use to eat &
rink whatsoever is comfortable
or the heart, also if one take the
uantity of a pea of the said Ele-
uary, with some good Wine, it
shall

ſhall keep him from the infecti-
on, therefore when one is ſick
the houſe of the plague, then
ſoon as you can give all
whole houſhold ſome of this
ceipt to drink, and his keeper
ſo, & it ſhall preſerve them
the in action, yet keep the wh
from the ſick as much as you
beware of the clothes and
that the ſick party did ſweat

To make Balm Water.

Take 4 gallons of ſtrong Al
ſtale, half a pound of Liquor
two pound of Balm, two ou
of Figs, half a pound of Ann
ſeeds, 1 ounce of Nutmegs, ſl
the Balm and Figs very ſm
and let them ſtand ſteeping
and twenty hours, and then
it in a ſtill as you uſe *Aqua vit*

To make Doctor Stevens *wa*

Take one gallon of good
coign Wine, of Ginger, Galin
Nutmegs, Grains, Anniſe-ſe
Fennel ſeeds, Carraway ſe

ge, Mints, red Roses, garden-
yme, Pellitory, Rosemary,
d Thyme, Penniroyal, Camo-
, Lavender, of each 1 handful;
y your spices small, and chop
herbs before named. and put
em with the spices into the
ine, and let it stand 12 hours,
ring it very often, then still it
a Limbeck closed up with
rse paste, so that no air enter,
ep the first water by it self, it is
od so long as it will burn.

An Oyntment for any strain in the Joynts, or any sore.

Take 3 pound of fresh Butter
washed, & set it in an Oven af-
the bread be drawn out, & let
stand 2 or 3 hours, then take
e cleareſt of the Butter, & put
into a Posnet, then take the
ps of red Nettles as much as
ill be moistned with the butter
d chop them very small, & put
em into the Butter, set it on the
e, & boil it softly 5 or 6 hours,

and

and when it is ſo boiled, p
thereto half a pint of pure
Olive, & then boil it very little
take it off, & ſtrain it into an e
then pot, & keep it for your u

If you think good, inſtead
Nettles only, you may take th
herbs, Cammomil, Roſemary,
vender, Tunhoof, otherwiſe A
hoof, Five-finger, Vervain a
Nettle-tops.

For an Ague.

Take the inner bark of a W
nut tree, a good quantity, bo
in beer until the beer look bla
and then take a good draught
put it into a pot, then take
ſpoonfuls of ſallad Oil for an e
tream Ague, brew it to and fro
two pots, then drink it, and
the party labour at any exerc
until he ſweat, then let him
down upon a bed very warm
until he hath done ſweating, t
do three times when the Ag
cometh upon him.

A Powder againſt the wind in the Stomack.

Take Ginger, Cinnamon and Gallingal, of each 2 ounces, Anſe ſeeds, Carraway and Fennel-ſeeds, of each 1 ounce, long Pepper, Grains, Mace and Nutmegs, each half an ounce, ſetwel half a dram, make all in powder, and put thereto 1 pound of white ſugar, and uſe this after your meat, before at your pleaſure; at all times it comforteth the ſtomack marvellouſly, carrieth away wind, & cauſeth a good digeſtion.

For a Pin and a Web in the Eye.

Take the white of an Egg, beat to oil, put thereto a quarter of a ſpoonful of Engliſh Honey, half a handful of Daiſie leaves, and inter the roots, half a handful of the inner rind of a young Hazel, not above one years growth, beat them together in a Morter, and put thereto 1 ſpoonful of Womans Milk, & let it ſtand infuſed

two

two or three hours, and strain through a cloth, & with a fea drop it into the eye thrice a

For blood shotten, and sore E coming of heat.

Take *Tutty* of *Alexandria* *Lapis Tutty* 1 ounce, beat it fine powder, and temper it quart of white wine, put th one ounce of dried Rose lea boil them altogether with fire until one half be consu then strain it through a fine nen cloth and keep it in and use it evening and mor and put it into the sore with a feather, or your finge

If the *Tutty* be prepared it better, which is thus done, the *Tutty* in Rosewater, and lie half an hour, then ta forth, & lay it on a white to dry, then take it whe dry, steep it, and dry it aga before, twice or thrice, and use it as before.

For an ache in the Bones.

Take Southernwood, Wormwood, & Bay-leaves, of each one handful, one Oxe-gall, 1 pint of neats foot oil, put all these together and let them stand 2 or 3 days & let them boil upon a very slow fire, then put in of Deers suet a good quantity, strain them, and put them into a pot, and so anoint the Patient, put to this a good quantity of Tar, and as much Pitch as the bigness of a Walnut, and of the juice of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hysop water, and Fennel-water, of each half a pint, of sliced liquorice, and sugar, of each a pretty quantity, seeth them easily over a good fire, strain it, and let them take a little hereof at once, and often; you may dissolve Pellets therein, and you may anoint their chest with oil of Almonds, & a little wax.

A Medicine for ſore Eyes.

Take red Fennel & Celendi
of each one handful, ſtamp
ſtrain them, that done, take
ſpoonfuls of Honey, and wh
Copperas, the quantity of 1 P
Roſe water five ſpoonfuls, boil
theſe together in an earthen p
skim it well, and clarifie it w
the white of an Egg, this is an
cellent Medicine to clear
ſight of the eye, if there be
thing in the eye ſuperfluous
hinder the ſight; but if there
nothing but heat, it is nothing
good.

To help one that is inwardly bru

Take of Borrage and red
of each a handful, ſtamp thoſe
gether, and ſtrain them; and
thereto as much Claret Wine
the juice thereof, & let the pa
drink it warm, and if it
within him 24 hours a ter,
will recover; if he be bound
the body, let him take 3 ſpo

fuls of Sirrup of Damask Roses, and two spoonfuls of Sallade oil, and drink it fasting, and an hour after let the party take some warm broth.

For the spleen.

Take of Lavender, Fennel, Parsly, Cammomile, Thyme, Wormwood, Angelica, of each one handful, of Sage, and Rue, one handful, of Annise seeds, & Fennel seeds, of each one handful, of Cummin-seeds two handfuls, of Cloves four spoonfuls, and of Mace two spoonfuls, gather these herbs in the heat of the day, and dry them in the Sun two days, laying them very thin on a sheet and bruise the seed grosly, and keep them in as much Sallade oil as will cover all these things, and somewhat more, and set them in the Sun ten days, which being done, strain your Oil from your herbs, and your spices, and then infuse once again as before with

Herbs & Spices in like manner, add to that Oil thus infused or strained, and bitter Almonds, and Oyl of Capers half a pint, then take a quarter of a spoonful of the said oil, & put in your hands, your hands being warm, rub them together and annoint and rub the Patient grieved with both your hands, the one on the right side, the other on the left, from the loyns down to the bottom of the belly, drawing your hands as hard as you can, and make them, to meet at the bottom of the belly, and continue in continual rubbing about a quarter of an hour.

For a Burning or Scald.

Take a quantity of sheeps suet, the white of Hen dung, and fresh grease, boil all these together, strain it, and annoint the part with a feather.

For the Emroids and Pilet.

Take juice of Elder, May-but-
ter,

ter, and Deer-suet, melt them, letting the juice and the butter temper, and then put the suet to them; make them into pills, and if you make a Suppositor, you must put in more Deers suet.

In the Canker in the mouth or nose.

Take the ashes of green leaves of holly, with half so much of the burnt powder of Alum: blow with a quil into the place grieved, and it will help man, child or beast.

A Remedy for the Mother.

When the Fit beginneth to take them, take the powder of white Amber, and burn it in a Chafindish of coals, and let them hold their mouths over it, and suck in the smoke, and annoint their nosthrils with the oil of Amber, and if they be not with child, take 20 or 30 drops of the oil of Amber in white Wine warm or cold, but the oil of Amber must be taken inward but once a day, and out-

ward as often as the fit taketh them.

A Medicine for the Worms.

Take one peniworth of Aloes, with the like quantity of Oxgall, and Mithridate, mix them together and lay them on the Childs Navel upon a Plaister.

A Preservative against the Plague.

Take one dry Walnut, take of the shell and peel, cut it small, and with a branch of Rue shred fine, and a little Wine-Vinegar and salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it, and go where you list.

A Pill for those that are infected.

Take of Aloes-succatrina half an ounce, of Myrrh, and *English* Saffron, of each a quarter of an ounce, beat them into small powder, with Malmsey, or a little Sack, or Dioscoridon, make two or three smalls pills thereof, and take them fasting.

A Poultess to break a Plague sore.

Take a white Lilly-root, and seeth it in a peniworth of Linseed, & a pretty quantity of Barrows grease, beat the Linseed first very soft, afterwards beat altogether in a Mortar, make thereof a Plaister.

An Electuary for the Plague.

Take the weight of ten grains of saffron, 2 ounces of the kernels of Walnuts, 2 or 3 Figs, 1 dram of Mithridate, and a few Sage leaves stampt together, with a sufficient quantity of Pimpernel Water, make up all these together in a mass or lump, & keep it in a glass or pot for your use, take the quantity of 12 grains fasting in the morning, and it will not only preserve from the pestilence, but expell it from the infected.

Against a Tertian Ague.

Take Dandillion clean washed, stamp it, & put it in Beer, & let it stand all night in the Beer, in the

morning ſtrain it, and put half a ſpoonful of Triacle into it, make it luke warm, and let the patient drink of it faſting upon his well day, and walk upon it as long as he is able, this hath been approved good for an Ague that cometh every ſecond day.

Againſt the Wind.

Take Cummin ſeed, and ſteep them in Sack 24 hours, dry them by the fire, and hul them, then take Fennel ſeed, Carraway ſeed, and Anniſe ſeed, beat all theſe together, and take every morning half a ſpoonful in broth or beef faſting.

Another.

Take Enula Campana, grate it, and drink half a ſpoonful faſting.

For the ſting of an Adder.

Take a head of Garlick, & bruiſe it with ſome Rue, & ſome Honey thereto, & if you will, ſome Triacle, and apply it to the place.

For

For the biting of a Dog.

Take Ragwort, chop it, and boil it with unwasht butter to an Ointment.

A Medicine for a woman that hath a dead Child, or for the after-birth after deliverance.

Take Date-stones dry them, and beat them to powder; then take Cummin seed, Grains, & *English* Saffron, make them in powder, and put them altogether in like quantity, saving less of the saffron then of the rest, then search them very finely, and when need is to drink it, take a spoonful at once, with a little Malmsie, & drink it Milk-warm, it is good to bring forth a dead child, or for the after birth, or if the woman have any rising in her stomach, or flushing in her face during her child birth, the Date stones with round holes in the side, are the best; if you put a quantity of white Amber beaten amongst the powder, it will be better.

To make the best Paracelsus *Salve.*

Take of Litharge, of Gold and Silver, of each 3 ounces, & put to it one pound & half of good Sallade oil, and as much of Linseed-oil, put it in a large earthen vessel well leaded, of the fashion of a milk boul, or a great Bason, set it over a gentle fire, & keep it stirring till it begin to boil, then put to it of red lead, & of *Lapis Calaminaris*, of each half a pound, keep it with continual stirring, and let it boil 2 hours, or so long till it be something thick, which you may know by dropping a little of it upon a cold board or stone, then take a Skillet, & put into it a pound of yellow Wax, as much black Rosin, half a pound of Gum-sandrach, of yellow-Amber, Olibanum, Myrrh, of *Aloes Hepatica*, of both the kinds of *Aristolochias* round, and long, of every of these in fine powder searced, 1 ounce, of *Mammir* one ounce

ounce and a half, of oil of Bayes, half a pound, of oil of Juniper six ounces, dissolve all these together in the aforesaid Skillet, and then put them to the former Plaister, set it over a gentle fire; and keep it with stirring till it boil a little. Then take your 5 Gums, Popanax, Galbanum, Sapagenum, Ammoniacum, and Bdellium, of each of these three ounces, which must be dissolved in white wine Vinegar, & strained, & the Vinegar exasperated from them before you go about the Plaister, let there be 3 ounces of each of them when they are thus prepared, then when the Plaister hath gently boiled, about half the bigness of a Nutmeg at a time, continuing that order until all the Gums be in & dissolved, then set it over the fire again, & let it boil a very little, but before it boil, be sure that the Gums be all dissolved, for else it will run into

lumps & knots, after it hath boiled a little, take it from the fire again, & continue the ſtirring of it very carefully, & put it to theſe things following, being in a readineſs, take of both the Corals red & white, of Mother of Pearl, of Dragons Blood, of *Terra Lemnia*, of white Vitriol, of each of them 1 ounce of *Lapis hematites*, and of the Loadſtone, of each of them one ounce and a half, of the flours of Antimony two drams, of *Crocus Martis* two drams, of Camphire 1 ounce, of Common Turpentine half a pound, mix all theſe together, but firſt let thoſe things that are to be pounded, be carefully done, and fully ſearced, then put them altogether among the former things, and again ſet it over the fire with a moderate heat, & gentle, to boil till it be in the form of a plaiſter, which you may know by dropping it on a cold piece of wood, or ſtone, or iron,

iron, you must also remember to keep it with continual stirring from the begining to the ending, when you make it up, let your hands, and the place you rowl it on, be annointed with the oyl of Saint *Johns* wort, and of each Worms & Juniper, Cammomile, and Roses together, wrap it in Parchment or Leather, and keep it for your use.

Memorandum, That the Camphire be dissolved in the oyl of Juniper, mix them together with the Gum-sandrach, and put them in towards the latter end

An Ointment for any strain in the Joints, or for amy Sore.

Take 3 pound of fresh butter unwashed, & set it into an Oven after the bread be drawn out, and let it stand 2 or 3 hours, then take the cleerest of the Butter, & put into a Posnet, then take the tops of red Nettles & chop them very small, and put so many Nettles to the

the Butter as will be moistned with the Butter, & so set it on the fire, & boil it softly 5 or 6 hours, & when it is so boil'd, put thereto half a pint of the best oil of Olive and then make it boil a very little, & take it off, & strain it into an earthen pot, and keep it for your use.

Mr. Ashley's *Ointment.*

Take six pound of *May* butter unsalted, 1 quart of Sallade oyl, four pound of Barrows grease, one pound of the best Rosin, one pound of Turpentine, half a pound of Frankincense; to this rate take these Herbs following, of each a handful, *videlicet*, Smallage, Balm, Lorage, red Sage, Lavender, Lavender-cotton, Herb grace, Parsley, Comfry, called Boreset, sorrel, Laurel leaves, Beech leaves, Lungwort, Marjoram, Rosemary, Mallows, Cammomile, Saint *Johns* wort, Plantain, All-heal, Chickweed, *English* Tobacco,

co, or else Henbane, Grunsel, Woundwort bettony, Egrimony, *Cardum Benedictus*, wild Wine, or white Wine, called Brian, Adders Tongue, Mellilot, drink all these Herbs clean, wash them, strain them clean from the water, all these must be gathered after the Sun rise, then stamp all these Herbs in a stone or wooden Mortar so small as possibly may be, then take your Rosin & beat it to pouder with your Frankincense, & melt them first alone, then put in your Butter, your Hogs-grease and Oyl, and when all is melted, put in your Herbs, & let them all boil together half a quarter of an hour, then take it from the fire, & leave stirring of it in no wise a quarter of an hour after, & in that time that it is from the fire, put in your Turpentine, & 2 ounces of Verdigrease very finely beaten to powder; and when you put in your Turpentine & Verdigrease,

stir

ſtir it well, or elſe it will run over, & ſo ſtir it until it leave boiling: then put it in an earthen pot, ſloping the pot very cloſe with a cloth and a board on the top, & ſet it in a dunghil of hot muck 21 days, then take it up & put it into a kettle, & let it boil a little, taking heed that it boil not over, then ſtrain all through a courſe cloth into an earthen or Gally pot, & when all is ſtrained, put to it half a pound of oyl of Spike, and cover the pot cloſe until you uſe it, & when you uſe it make it warm in Winter, and uſe it cold in Summer.

An approved Medicine for any Ach in the Joints whatſoever.

Take half a pound of Roſin, half a pound of Frankincenſe, Olibanum and Maſtick, of each one ounce, Wax, Deers ſuet, Turpentine, of each 2 ounces, Camphire 2 drams, beat the Olibanum, Maſtick, Roſin & Frankincenſe, and Camphire

Camphire into powder, then put it in a braſs pan with a pottle of white Wine, & put in the Wax & Beef ſuet into it, & when it doth boil, put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire and let it ſtand and cool until the next day, then work it with your hand to work out the wine, annointing your hands firſt with oyl, then make it up in rowls, then as need ſhall ſerve, take thereof & ſpread it with a warm knife upon a fleſhy ſide of a ſheep-skin, and apply it warm to the grieved place, and take it not off until it fall off of it ſelf, pricking the plaiſter full of holes.

A Searcloth to be uſed againſt Carbuncles, red Sores, Biles, Swellings, or any hot cauſes.

Take a wine pint of pure Sal. Tartar oyle, & put into an earthen pot that is very large, and ſet it upon a very ſoft fire of Charcoal, and

and when it beginneth to boil stir it with a Hasel stick of one years shooting, then put into it 2 ounces of *Venice* sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boil very softly, stirring it continually with the Hazle stick for the space of 2 or 3 hours, you shall know when it is boiled by this; drop one drop there of on a board, and it will be stiff when it is enough, then take it from the fire, & put into it half an ounce of oil of Bayes, then let it boil again a little, then let your clothes be cut of a reasonable size to dip them in it, then you must have two sticks, which must be hollow in the middle, to strip the clothes through, then lay them abroad until they be cold upon a board, then roul them up and keep them, & when you use them, lay them upon the place grieved, & let them lie 12 hours

hours, then take it off and wipe it, and lay the other side, and let that lie as long.

A Plague Water to be taken three times, for the first helpeth not.

Take a Gallon of white-Wine, Ale or Beer, and to that quantity take a quarter of a pound of each of these Herbs following, Rose-water a quarter of a pint, Rue, Sage, Vervin, Egrimony, Betony, Celendine, Carduus, Angelica, Pimpernel, Scabios, Valerian, Wormwood, Dragons, Mugwort, all these Herbs must you shred in gross together, and steep in the aforesaid liquor, the night before you distill it in a Rose water still, & then keep the first water by it self, being the weaker, and therefore fitter for Children; it helpeth all Fevers, Agues & Plagues, being thus taken, 7 spoonfuls, or thereabout of the strongest blood-warm, and give it to the party to drink in an Ague or Fever, an

hour

hour before the fit come, & so
sweat, either by exercise, or
your bed, but your stomach
be empty, & if it be taken for
Plague, then put it into a
Diascordium or Mithridate.

A Defensive Plaister.

Take the white of an Egg,
Bolearmoniack, spread it on
ther.

A Sirrup for a Cold.

Take Colts-foot Water, H
water and Honey, put Liquor
Annise seeds and Elecampa
put thereto the juice of Fen
and boil them.

To stay the bleeding of a Wound.

Take Charcoal red hot out
the fire, and beat it to powder.

A Poultess.

Take milk, Oatmeal, and
Rose leaves, & a little Deers
For the Running of the Rins.
Take Cups of Acorns, & g
them; and grate some Nut
put this in beer, and drink it

For a Poultes.

Take Linſeed and beat it to
wder, boil it in Milk with
allows and Sheeps ſuet.

For a Blaſt.

Take a good quantity of Ver-
n, and boil it in Milk, and waſh
e Blaſt therewith very well,
en bind the herb very cloſe to
ſome few hours, after waſh it
ain, the milk being warmed, &
bind it up again, the oftner it
done the better, and in a day or
o it will be well, if it be taken
fore it feſter.

Another.

Take a good quantity of Veri-
n being green, with as much
ll, chop them together, & boil
em in Boars greaſe as much as
ll cover them, and for want
reof, ſo much May-butter, and
hen they be boiled together,
them ſtand two or three days,
d then boil it a little, and ſo
rain it through a cloth.

A

A Balſamum.

Take in the later end of Sep*tember* good ſtore of Honey ſuc berries, & put them in a boo a glaſs ſtill ſtopped, and ſet hot horſe-dung 8 days, diſti in Balneo, then when you h drawn the water forth, pour water into the ſtuff again, ſ cloſe, & put it into the dun hours, then ſet it in aſhes, and ſtill both Water and Oyl wi great fire, as much as will co forth, and at laſt ſeparate water from the ovl in Balneo.

To make an excelent oil of Hyp

Take flowers, leaves & ſeed Hypericon as much as you beat them together, and in them in white Wine, that t may be covered therewith, & them in the Sun for ten da then put thereto ſo much O Olive as all the reſt do weigh let it ſtand ten days more in Sun, but look that you w

Oyl to know how much it is, put thereto for every pound oyl two ounces of Turpentine, 1 dram of Saffron, & of Nutmegs, & Cloves of each half an ounce, of Myrrh & Rosin of each ounce, & of the root of Briony ounces, put them all in a Vessel glass, and mix them well together, & set them in a Vessel of Water, and then set thereto a head of glass, and Receiver well set, and boil it so long untill no more will distill from it, which will be about 24 hours, then take out & strain it whilst it is hot, and keep it in a Vessel of Glass, & when you first use it, heat it wel, and apply it upon a wound without using any tent at all, this is excellent for a green wound, especially if there be veins, sinews, bones offended or cut, it keepeth wounds from putrifaction, it cleanseth them & easeth pain, & filleth incarnate and skin them, it

helpeth

helpeth bruiſes, pains, aches, ſwelling in any part, and is wonderful good againſt venom or poyſon.

For the Falling-ſickneſs.

Take the roots of ſingle Pi grate them, drink them, & ſome of them about your ne

For the kibed heels.

Take a Turnip, make a ho the top of it, take out ſome o pith, infuſe into that hole o Roſes, then ſtop cloſe the h roſt the Turnip under the emb when it is ſoft apply it plaſter warm to the kibe, bind it faſt.

Lapis Prunellæ.

A Medicine for ſore Eyes.

Take one pound of Salt pet boil it in a Goldſmiths earth pot, with a very hot fire round bout it, let it boil till it be v black & melted, then take a qu ter of an ounce, or 6 peni wei of Ruch-allum, & a quarter o ounce of Brimſtone, break th

out them in the Saltpeter by
at once as it boileth, & let it
till the flame go out of it
en pour it in a brass Ladle,
o a Chafer, & so let it stand
e cold, and when you will
scrape it very fine with a
nd put a little of it to the
es, hold down the eye-lids
pain be gone, then let the
drop out of the eye: This
ne taketh away the Pearl,
d Web in the eye, and all
and blood-shed, it also hel-
the Toothach, being put in-
e hollow tooth, with a little
if the tooth be not hollow
t outward: Finally, it helpeth
king breath, being eaten in
orning fasting.

For a Scald-Head.

ke a handful of Grovers
, and a handful of Dock-
the pith taken out, & boil
in strong Ale untill they be
able thick, and anoint the
therewith.

For

For a bloody Flux.

Take Rubarb and roast it, t
grind it to powder, and ta
much as will lie upon a sixp
and keep warm that day,
next day eat conserve of R
mixed with Coral, and dr
that day if you will, posse
made of Camomile.

For the Itch.

Take a pound of Butter unw
ed & unsalted, 3 good handf
red Sage, and as much Brim
beaten into powder, as a Wal
boil these well together,
strain it, and put in half
ounce of Ginger beaten sma

For sore Eyes.

Take new Hens-dung out of
nest, & put it into an Oven al
cold, let it lie there all night,
take the white of it, & beat it
ing dried, & take as much of
powder of Ginger finely be
& put to that half in like q
tity of Sugar candy, all w

all which must be beaten very well and searced, then put it into the sore-eyes every night, and in the morning, and wash it out with water.

A Water for sore Eyes.

Take a pint of fair running water, of wild Dasies, and 3 leaved-grass, of each a good handful, wash the herbs very clean in a Cullender, and put them into a clean skillet of water, let them boil very well over the fire, until the water look green, then take a little piece of Allum and put into the water, & when it is boiling then taste of the water, & when it sticks to the mouth, take as much honey as will make it very sweet, then after it hath boiled a little while, take it off the fire; strain it and drop a little every night into the eyes.

An approved application against any Surfeit.

Take the bottom of a Muncern-

loaf, cut it about an inch thick and as broad as the palm of your hand, toast it very well, then take of Sallade oil and Claret-wine each a like quantity, as much as will wet the toast well & throughly, warm it hot, then put the toast into it, when the toast is well soak'd, strew the powder of Cloves & Mace hereupon thick, then apply it to the stomach of the Patient as warm as he can endure it, it will purge upwards and downwards as often as you apply a fresh toast made as aforesaid, that may be applied so often as any one findeth their stomach ill at ease, although then it will not purg, except in case of sur-

A Medicine against the Plague.

Take of the root called Setwall the quantity of half a Walnut and grate it, of Triacle green, a good spoonful, of fair water 3 spoonfuls, make all these more than lukewarm; & so drink the

off in bed, and sweat six or seven hours, and in your sweat drink small Posset Ale made of small drink as you need, but not till an hour and half after, the taking of the Potion, and it will bring forth the Plague sore. If you cast the Medicine, you may take it the second, third, or fourth time, by the whole, half, or less measure as your stomack will bear it: if any do take it and thereupon happen presently amendment, or arising or sore, you may think it to be the sickness, for the nature of the Medicine is to prevent the Plague, & in others to expell the sore, if it be not taken too late, in which case the stomack will not brook it easily, and after two or 3 times taking, if you minister it to any, let it be at their first sickness, lest if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in *March* and ſtill it in a Glaſs-Still, it is a good medicine to ſtop blood, and for the heat and redneſs of the face and good to cure green wounds.

For the Tooth-ache.

Take Spearmints, and ground-Ivy, of each a handful, & a good ſpoonful of Bay-ſalt, ſtamp all theſe very well together, & boil them in a pint of the ſtrongeſt Vinegar that you can get, let theſe boil altogether until they come to a quarter of a pint, then ſtrain it, & put it into a glaſs, and ſtop it very cloſe, when your teeth doth ake, take a ſpoonful of it blood-warm, and hold it in your mouth on that ſide the pain is.

To make the Teeth ſtand faſt.

Take Roots of Vervain in cold wine, and waſh the teeth therewith.

For the perillous Cough.

Take white Hore-hound, ſtamp it, wring out the juice, & mingle it with honey, & ſeeth it, & give it to the ſick to drink, or elſe Sack, & Garlick ſeed, & roſt it in the fire, & take away the peelings and eat the reſt with Honey, or elſe take Sage, Rew, Cummin, & powder of pepper, and ſeeth all theſe together in honey, & make thereof an Electuary, and take thereof a ſpoonful in the morning, and another at night.

For a man that hath no taſte in Meat or Drink.

Take a pottle of clear water, & a good handful of Dandilion, and put it in an earthen pot, & ſeeth it till it come to a quart, & then take out the herbs, and put in a good quantity of white ſugar, till you think it be ſomewhat pleaſant, and then put it into a Veſſel wherein it may cool, and then take 20 or 30 Almonds, blanch

hem and beat them in a mortar, nd when the water is cold put t to the Almonds, and ſtrain it hrough a clean Cipris bag without compulſion, & if it be thick let it run through again, and ſo keep it in a veſſel, & drink of it often, at all times as you pleaſe.

To preſerve a man from the Plague.

Take *Aloe Apaticum*, and *Aloe Succatrine*, fine Cinnamon and Myrrh, of each of them 3 drams, Cloves, Mace, *Lignum aloe*, Maſtick, *Bole Armoniack*, of each of them half a dram, let all theſe things be well ſtamped in a Mortar, then mingle them together, & after keep them in ſome cloſe veſſel, and take of it every morning 2 peniweight, in half a glaſs full of white-Wine, with a little water, and drink it in the morning at the dawning of the day, and ſo may you by the grace of God, go ſafely into all infection of the air and Plague.

For a Tetter or Ring-worm.

Take Mercury a quarter of an ounce, Camphire 1 peniweight make them into powder, & rub them in a fair Porrenger, then take & mix them with the water of the Wine 4 or 5 ſpoonfuls, ſtir them well together, then put as much more water to that, then ſtrain it through a cloth, & take Poppey ſeeds one quarter of an ounce, beat that in a ſtone Mortar, with a ſpoonful of water of the Wine, putting a little and a little till you have ſpent the quantity of a pint, then put to it half an ounce of the Milk of Cokernut, ſo mix them well together with your Receipt, & ſtrain them as you make Almond Milk through a fair cloth, then keep it in a glaſs for your uſe.

To keep ones body looſe whenſoever you need.

Take two ounces of ſirrup of Roſes, 1 ounce of Sene, one peni-

worth of Anniſe ſeeds, one ſtick of Liquorice, 1 pint of Poſtern-water, ſeeth them altogether til it ſeeth to half a pint, then ſtrain them forth, then boil the two ounces of ſirrup of Roſes, and drink it warm.

For a red Face.

Take Brimſtone that is whole, and Cinnamon of either of them an even proportion by weight, beat them into ſmall powder, ſearce it through a fine cloth upon a ſheet of white paper, to the quantity of an ounce or more, and ſo by even proportions in weight mingle them together in clean clarified Capons greaſe, & temper them well together, until they be well molified, & then put in them a little Camphire to the quantity of a bean, & ſo put the whole confection in a glaſs.

For a young Child to make Water.

Boil Organy in fair water, and lay it warm to the childs Navel.

A

A Medicine for the falling of the Vvula into the throat.

Take a red Colwort leaf, whereof cut away the middle rind, then put the leaf into a paper, & let it be burnt in hot Embers or Ashes, then take the leaf out, and lay it hot on the crown of the bare head, and it will draw it up into his place, and rid you of your pain.

A Medicin for the heat of the soles of the feet, that cometh by them or blood.

Take a quantity of Snails of the Garden and boil them in stale urine, then let the patient bathe and set his feet therein, and using that often he shall be cured.

Gascon's *own Powder.*

Take of powder of Pearl, of red Corral, of Crabs eyes, of Harts horn, and white Amber, of each one ounce, beat them into fine powder, & searce them, then take so much of the black toes of the Crabs claws as of all the rest of

the powders, for that is the chief worker, beat them, & search them finely as you do the rest, then weigh them severally, & take as much of the toes as you do of all the rest of the five powders, and mingle them well together, and make them up in balls with jelly of Harts-horn, whereinto put or infuse a small quantity of Saffron to give them colour, then let them lie till they be dry & fully hard, & keep them for your use.

The Crabs are to be gotten in *May* or *September*, before they be boiled.

The dose is 10 or 12 grains in Dragon-water, Carduus water, or some other cordial water.

The Apothecaries in their composition of it, use to put in a dram of good Oriental Bezar to the other powders, as you may see in the prescription following.

This is thought to be the true composition invented by *Gascon*, and

and that the Bezar, Musk, and Ambergriece, were added after by some for curiosity, and that the former will work without them as effectually as with them.

The Apothecaries Gascon *Powder, with the use.*

Take of Pearls, white Amber, Harts horn, eyes of Crabs, and white Coral, of each half an ounce; of black thighs of Crabs calcined two ounces, to every ounce of this powder put in a dram of Oriental Bezar; reduce them all into very fine powder, and searce them, and with Hartshorn jelly, with a little Saffron put therein, make it up into a past, and make therewith Lozenges or Trochises for your use.

You must get your Crabs for this powder about *May*, or in *Septemb.* before they shall be boiled, when you have made them, let them dry and grow hard in a dry air, neither by fire nor Sun.

Their

Their dose is ten or twelve grains as before prescribed in the former page.

The Powder prescribed by the Doctors in their last London *Dispensatory* 1650, *called the Powder of Crabs claws.*

Take the prepared Pearls, eyes or stones of Crabs, of red Coral, of white Amber, of Harts-horn, of Oriental Bezar-stone, of each half an ounce, of the powder of the black tops of the Crabs claws to the weight of all the former; make them all into powder, according to Art, and with jelly made with the skin or casting of our Vipers, make it up into small Tablets, or Trochises, which you must warily dry, as before prescribed, and reserve for your use.

The Countess of Kents *Powder, good against all malignant and Pestilent Diseases, French-Pox, Small-Pox, Measels, Plague, Pestilence, malignant or scarlet Fevers, good against*

gainſt Melancholy decoction of Spirits, twenty or thirty grains thereof being exhibited in a little warm Sack, or Harts horn Jelly to a man, and half as much, or twelve grains to a child.

Take of the Magiſtery of Pearls, of Crabs eyes prepared, of white Amber prepared, Harts-horn, Magiſtery of white Coral: of *Lapis Contra Tarvam*, of each a like quantity, to theſe powders infuſed put of the black tops of the great claws of Crabs, the full weight of the reſt, beat theſe all into very fine powder, and ſearce them through a fine Lawn ſearce to every ounce of this powder add a dram of true Oriental Bezar, make all theſe up into a lump, or maſs, with the jelly of Harts horn, and colour it with Saffron, putting thereto a ſcruple of Amberg-rieçe, and a little Musk alſo finely powdered, and dry them (made up into ſmall

Tro-

Trochiſes) neither by fire, nor Sun, but by a dry air, & you may give to a man twenty grains of it, and to a Child twelve grains.

The Virtue of a Root called Contrayerva, *being made into a fine powder.*

1. It withſtands the Plague being taken in Triacle-water.

2. It is good in all Peſtilent diſeaſes, taken in poſſet drink with Saffron

3. It is good againſt a Feve, taken in *Cardius* water.

4. It is a great Antidote againſt all Poyſons taken in Sallade oyl.

5. It doth cure the biting of a mad dog, drunk in Roſe Vinegar, and then drink nothing elſe but ſpring water during the cure

6. It cauſeth a ſpeedy delivery, given in Balm-water, Betony water, or in burnt wine.

7. It doth take away the afterthrows, given in the ſame liquor.

8. It is a good Cordial in all

fits of the Mother given in Rue-water.

9. It is very soveraign in swounding fits, given in Sack, or Borrage water.

10. It is very powerful to withstand all melancholy, given in Sack.

11. It doth help Convulsions in Children given in spring water.

12. It helpeth the Worms given in Goats milk.

13. It is good for a short breath, given in Rue water.

14. It helpeth the Head-pain, given in Rue-water, or Rosemary water.

15. It helpeth the yellow Jaundice, given in Celendine water.

16. It is very powerful in the Palsie, given in Sage-water.

17. It is a good Antidote against the Gout, given in Sage-water.

18. It withstandeth the growing of the Stone in the Reins, given in Renish wine.

19. It

19. It causeth a good and qui
sleep taken in white wine.

20. It is a great preserver o
Health, and means of long life
taken sometimes in Mede.

21. It may be used as a Triac
or Bezar against Surfeits.

22. It is a general good upon a
occasions, and may be given at a
times, when you do not know
what the disease is; in any o
the aforesaid liquors.

The Dose for a man or woma
is from one scruple, to two scru
ples, and to a boy or girle twel
or fourteen grains in convenie
liquors.

THE EPISTLE.

Friend,

BEing given to understand, that you were Reprinting the Counsels of Kents Manual; I thought good to communicate unto you, for the more accomplishment of your great Impression, the virtues of some Select Cordial Spirits, of very great use in weak and sickly Persons, which were first composed by Sir Walter Rawleigh, during his Imprisonment in the Tower, and dispersed by him to divers worthy Personages, in their several occasions and necessities, and were imparted unto me by Captain Samuel King, who served long time with him in the Tower, and in his Expeditions; this King being my loving Friend, and School-fellow, both in Canterbury and Westminster Schools. I have

also

so inserted hereunto certain Experiments of Gascons powder, or the Countesses, for their operations are much of the same nature, which have many times with very happy success been tried, upon several persons by my self, and divers others by my directions, assuring my self it will be of very great use and benefit to such persons as shall have need of such helps and comforts, and so I rest,

Your Friend

W. J.

The Vertues of Aqua Bezar.

is good against contagious
iseases, as Plague, Purples,
tted Fevers, small-Pox, and
asels.

The order to take it, is with
lus Benedictus, or Angelica
poset Ale, and so sweat mode-
ely upon the taking of it. It
good against Surfeits, and eas-
the stomack oppresst with
nd, crude flegm, and superflui-
s, and helpeth digestion.

The dose is from two to three
oonfuls at one time.

The Vertues of Spirit of Clary.

It is good to restore one in any
eaknes chiefly of the back: It
reserveth against the Consump-
on and Ptisick; it comforteth
e heart, and increaseth radical
isture It also strengthneth
hild-bearing women after their
elivery.

The

The dose is one or two spoo
fuls morning and evening.

The Virtue of Aqua Mariæ.

It is good for all Infirmities
the Spleen & to open the obs
ctions thereof, it comforteth
vital parts, and is good against
passions of the heart; it pres
veth the meat in the stoma
from putrifaction; it helpeth
gestion, and expelleth wind.

The dose is one spoonful at
time.

The Vertues of Flowers of Rose

It is good against all Infirmi
of the stomack, and to suppres
offensive fumes rising up fr
thence to the head, keepi
them down, and helpeth me
ry, it openeth all stoppings of
Liver and Milt, it prevent
Vertigo, *Scotomia*, Palsies, Apop
xies, diseases of that kind ari
from cold Humours, it breake
wind, and easeth the Colick.

The Dose is one spoonful
one time.

The Vertues of Spirit of Mint.

It is good for the ſtomack, and engthens the retentive faculty, od againſt vomiting, & all paſ- s of the heart, it comforteth vital ſpirits, & is good againſt Conſumption, it expelleth nd, and helpeth digeſtion, and an infallible help for all elancholy.

The Doſe is from one to two oonfuls.

The Vertues of Aqua Theriacalis.

It is good againſt all Diſeaſes of Spleen whatſoever; It pre- teth and helpeth contagions, ſudden oppreſſions and alms of the heart.

he Doſe is one ſpooniful to pre- t, and 3 to the infected, who ght to ſweat after taking it.

The Vertues of Spirits of Saffron.

It is good to comfort the vital irits, paſſions, trembling, and nſiveneſs of the heart, and lpeth all malignity oppreſſing it,

it, and expelleth wind, supp-
seth rheums which arise from
Spleen, and go up to the he
and openeth the obstruction
it: it is excellent against all
lancholy, and very good for
men in Travel, so it comfor
and hasteneth delivery.

The Dose is morning
evening one spoonful for th
days together.

Vertues of Spirit of Roses.

It is good to open the obs
ction of the Lungs, and prev
eth Consumptions and other
firmities of that nature; it pre
veth from putrefaction,
keepeth the breath from be
corrupted.

The Dose is a spoonful at no
at four in the afternoon, an
much at bed-time.

The Virtue of the Spirit of Di
tyrion.

The Spirit made of *Diasatyr*
magis gratum, prescribed in

ft *London* Dispensatory, com-
orteth & much restoreth decay-
d nature, strengtheneth the
eak back, increaseth seed, and
dvanceth generation, being ta-
en thrice a day a spoonful at a
me, that is, in the morning fa-
ing, at four in the afternoon
nd last at bedward, with this
aution, that the weak parties
bstain from veneral acts till af-
er their first sleep.

The Dose is one spoonful at
ne time.

The Virtues of the Spirit of Strawberries.

It is excellent good to purifie
nd cleanse the Blood; it preser-
eth from, and also cureth the
ellow Jaundice, & deoppilateth
he obstruction of the Spleen; it
eepeth the body in a sweet tem-
eratness, & refresheth the spirits.

The Dose is a spoonful at a
ime, when need requireth any of
hose helps for the aforesaid di-
eases.

Spirits

Spirits of Confection of Alkerm
its Virtues.

It is an excellent comforter
the Spirits vital, natural, a
animal, in weak and delic
perſons, and againſt all tremb
penſiveneſs, and ſudden qua
of the heart.

The Doſe is one ſpoonful
one time.

The virtues of Spirit of Comfr

It hath all the virtues wh
Spirit of Clary hath, only it i
greater efficacy in inward hur
bruiſes and ruptures.

The Doſe is one ſpoonful
one time.

Extract of Ambergriece.

Take a dram of Ambergrie
grind it very ſmall on a Paint
ſtone, then put it in a boul
head, then take of the b
Spirit of Wine, either C
nary or Maligo ſack, half
pound of Spirit of Clary t
ounc

ounces, mingle them well together, & pour of the Menſtrua one pint to this proportion of Amber, ſee them to digeſt in a gentle Balneo about 8 hours, ſhaking it together 3 or 4 times, then take it out, & being cold, pour it forth, & put almoſt as much more of the mixed ſpirit, digeſted as before in a gentle heat by Balneo, then put it forth to the firſt extracted, and add half as much more Spirits the third time, & digeſt it again, and then have you extracted all the ſpecial part of the Amber, and leave nothing but a black dead earth of no value.

Then take a pint of the ſpirit of what Herb you will uſe, and diſſolve therein 1 pound of pure white Sugar candy, or at the leaſt 12 ounces, very finely poudered & ſearced through a fine Searcer, for the ſpeedier reſolution thereof. It is beſt to diſſolve it cold; this reſolution muſt be twice fil-

tered through a thin cap paper to make it very perfectly clear: then take 3 parts of this dulcified Spirit, to one of your Extract of Amber drawn with spirit of Wine, then shake them well together, and let them stand in a square glass very close stopped until it shall be perfectly clear: 1 dram of this Extraction of Amber will serve to dulcifie & make 2 quarts of spirits of Mints, Clary, or the like, and give it most excellent taste and efficacious vertues.

Several Experiments made of the Countess of Kents, *or of* Gargons *Pouder, by a Professor of Physick.*

1. A Child aged about 5 years troubled much with flegm, and drawing on (as the Parents conceived) to his end, with 10 grains of this Pouder exhibited in a Spirituous vehicle to the proportion of 1 spoonful, about 7 of the clock

at night, with the like Dose exhibited the next morning, was within three days space perfectly recovered, and went abroad.

2. A Child aged about fourteen years, being suddenly surprized with daugerous Fits, & trembling of the heart, with 12 grains of this Powder exhibited in a spoonful of *Aqua Theriacalis*, was that very day recovered.

3. A Stationers Child aged about 5 years being suddenly taken so ill, that the Parents feared the life of their Child, with ten grains of this Powder exhibited in a spoonful of Cordial spirit, being laid down, and well covered (we suspected it would prove to be the small Pox) became within 2 or 3 hours somewhat chearful: and with this medicine continued once a day, the Pox broke forth, and the Child mended.

4. A Boy aged about sixteen, being taken with sudden qualms

about his ſtomack & heart, with ten grains of this powder exhibited in a ſpoonful of Doctor *Mountford's* water upon his fit, and the like quantity exhibited again when he went to bed, was the next day recovered.

5. A Child about three years old, being troubled with grievous torments and gripings in the belly with wind, with 9 grains of this Powder, exhibited with ten drops of ſpecial Oyl against the Cholick, in a ſpoonful of Stomack Water, was eaſed in few hours.

6. A Child about 7 years old being troubled with Convulſion Fits, with ten grains of this powder, mixed with ſpirit of [illegible] in a few ſpoonfuls of black Cherry water, annointing the two neck veins near the ears, with few drops of Oyl of Amber and Cloves, was ſuddenly recovered of his fit.

7. A Gentlewoman near forty years old, being oppressed with crude and flatuous humours, so that her friends thought her departing, was with twelve grains of this powder, and two drops of a Cordial Oyl, exhibited in a spoonful of Cordial water, being had to bed, within three days recovered, and followed her Domestick business.

8. A youth about twenty years old, much oppressed with wind and crudities of the stomack, with twelve grains of this powder, exhibited in 2 drops of specifical Colick oyl, as in the fifth experiment, with a Cordial water was speedily recovered.

9. A young Maid about eighteen years old, troubled with fits of the Mother, and Convulsive fits, with twelve grains of this powder given her in a few spoonfuls of Piony water, gathered and distilled in due season, with

a drop of oyl of Cinnamon, and two of Amber mingled together being held upright before a warm fire, within four hours recovered out of her fit, & went up to her chamber (though her teeth were set in her head, and small appearance of life) but that only her feet were warm, was discovered in her.

10. A Gentlewoman aged about fifty, being very much troubled with flatuous and crude humours oppressing the stomach, with sixteen grains of *Gascos* powder, and with 3 drops of Oyl of Oranges, duly prepared, exhibited in an ounce of *Aqua Theriacalis*, being well shaken and mingled together, being exhibited at two several times, that is at night when she went to bed, disposing for rest, and betimes the next morning, found much ease and comfort, and gained some quiet rest that night, and shortly recovered.

11. A

11. A young Woman aged about four and twenty, not without some suspition of the Plague, having a tumor long while arising on her groin, with 3 several Doses of *Gascons Powder*, exhibited at 3 evenings when she disposed for rest; by 12 grains for every dose in a spoonful of Triacle water, drinking every morning a spoonful of spirit of Saffron for those 3 days together, was perfectly recovered, and followed her domestick business.

These and many other Experiments have I with good success tried, & with Gods blessing recovered divers several Patients.

This Powder is good against small Pox, Measels, spotted or purple Fever, exhibited in specifical waters fit for their several diseases; It is good in swounings and passions of the heart, arising from malignant vapours, or old causes, as also in the Plague or

Peſtilent Fevers; always obſerving to keep the perſons upright, warm, and well covered after their taking it.

The Doſe of this powder in Children, is from eight to twelve grains, in perſons more aged, from twelve to fourteen grains, but exhibit the Doſe twice or thrice if need require. In the Plague you may uſe a greater quantity, with ſuch medicines as are preſcribed in the Child-bearers Cabinet, and it will not be amiſs to mingle it with ſome *Aqua Theriacalis*.

The Compoſition of the Oyl called Oleum Magiſtrale, *ſaid to be invented by one named* Aparithus, *a* Spaniard; *being ſpecial good to cleanſe and conſolidate wounds, eſpecially in the Head.*

Take a quart of the beſt White-wine you can get; of pure Oyl

of

of Olives three pound, then put thereto these flowers & herbs following: of the flowers & leaves of Hypericon half a pound; of *Carduus Benedictus*, of Valerian, of the leaff Sage, of each a quarter of a pound if it be possible, take the leaves and flowers of every one of these, then let them all steep 24 hours in the aforesaid Wine and Oyl, the next day boil them in a pot well nealed, or in a copper vessel over a soft fire, until such time as the wine be all consumed, stirring it always with a spattle: after you have thus done, take it from the fire, and strain it, and put to the straining a pound and half of good *Venice* Turpentine, then boil it again upon a soft fire the space of a quarter of an hour, then put thereunto of Olibanum five ounces, of Myrrh 3 ounces, of *Sanguis Draconis* one ounce, and so let it boil till the Incense and

Myrrh be melted then take it off, and let it ſtand until it be cold, then put it into a glaſs bottle, and ſet it eight or ten days in the Sun, and keep it for your uſe.

This Oyl, the older it is, the better it is, it muſt be applied to the Patient wounded as hot as may be endured, firſt waſhing the wound with White wine, boiled with a handful of Incenſe to comfort, and wiping it clean with a linnen cloth before you dreſs it, which muſt be if it come to any bruiſings or bitings twice a day, that is, about eight of the clock in the morning in winter, and at ſummer about nine in the morning, and about four in the afternoon, but if they be green wounds, you ſhall not need to change it again until the next day, neither need the Patient to obſerve any preciſe diet.

ADDITI-

ADDITIONS.

A rare Searcloth with the Virtues.

TAke of oil Olive one pound and a half, red Lead one pound and a half, of white Lead one pound, Caſtle-ſoap four ounces, put your oil Olive in a Pipkin, and put thereto your Oil of Bayes, and your Caſtle ſoap: ſeeth thoſe over a gentle fire of embers till it be well mingled, & melted together, then ſtrew a little red Lead, and white, being mingled together in powder, ſtill ſtirring it with a ſpatler of Wood, and ſo ſtrew in more of your Lead by little and little till all be in, ſtiring it ſtill by the bottom to keep it from burning, for an hour and half together, then make the fire ſomewhat

somewhat bigger, till their redness be turned into a gray color, but you must not leave stirring it till the matter be turned into a perfect black colour, as pitch, then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your Finger, it is enough; then take the long linnen clothes, & dip them therein, and make your Seat cloth thereof: they will keep twenty years; let your powder of your Lead be fearsed very fine, and shred the soap small.

The Vertues of this Seat cloth are

Being laid to the stomack, it doth provoke Appetite, and taketh away any pain in the stomack, being laid to the belly, it is a present remedy for the Cholick, being laid to the back, it is a present Remedy for the Flux and running of the Reins, heat of the Kidnies, and weakness of the Back; it helpeth all Swelling and

and bruises, taketh away aches, it breaketh Fellons and other Impostumes, and healeth them, draweth out any running Humour, and helpeth them without breaking of the skin, and being applied to the Fundament, helpeth any disease there; it helpeth all old sores, and will be made in six hours.

For a Surfeit.

Take 3 pints of Muskadine, one handful of Rue, one handful of red Sage; boil these together three or four walmes, take a quartet of an ounce of Nutmegs, half an ounce of Ginger, two or three corns of long Pepper, beat them all together, and boil them until the three pints come to a quart; strain it, and put in it a quarter of an ounce of Mithridate, half an ounce of *London*-Treacle, a quarter of a pint of strong Angelica water, all these being well mixed together, put them up in a Glass. It

It is good for one that has surfeited to take three or four spoonfuls keeping them very warm in bed, the same quantity taken is good against the Small Pox, or Measles.

It is good against the Wind, pain in the stomach, taking one spoonful in the morning, or an Infection.

An excellent Receit against a Cough of a Consumption.

Take a quarter of a pound of the best Honey, a quarter of a pint of Conduit-water, boil them as long as any white scum ariseth, and take it off, then take a quarter of a pound of the best blew Currans, put them on the fire in a pint of fair water and boil them until they be tender, then pour the Water from them, and bruise them through a hair Sive, and put that Juice, and Honey together: add to it one ounce of the powder of Liquorice,

ounce

ounce of the powder of Anniſe ſeeds; mix all theſe together, and put them in a Gally-pot, and when it is cold tye it up; the party troubled may take of it upon the point of a knife morning or evening, as often as the cough taketh them.

Incantelion's Balſom, admirable for Wounds, and many other things.

Take of Venice Turpentine a pound, Oil-Olive three pints, Yellow Wax half a pound, of natural Balſom one ounce, Oil of *St. Johns*-Wort one ounce, of red Saunders poudered an ounce, ſix ſpoonfuls of Sack: cut the Wax and melt it on the fire, and then let it catch the fire, take it off, put in the Turpentine to it, having firſt waſhed the Venice Turpentine thrice with Damask roſe water, and having mingled your Sallade oyl with the Sack, put alſo the oyl to them, and put them

them all on the fire, and ſtir till it begin to boil, for if it much, it will run over ſpeedi then ſuffer it to cool for a nigh or more, until the water & w be ſunk all to the bottom, th make ſome holes in the ſtuff, th the water may run out of which being done, put it on the fire again, putting to it Balſom and the Oil of St. J *Wort*, and when it is melted, th put the Sanders to it: ſtir it w that it may incorporate & wh it firſt begins to boil, take it the fire, and ſtir it the ſpace two hours, till it be grown thi then put it up, and keep it your uſe as moſt precious, thirty or forty years, or more.

The Virtues.

1. It is good to heal any wou inward or outward, being ſq ted warm into the inw wound, being applied to an ou ward wound with fine Linn

nointing alſo thoſe parts there-
bouts, it not only taketh away
e pain, but alſo keepeth it from
inflamation, & alſo draweth
th all broken bones, or any
her thing that might putrifie
feller it, ſo that the brains or
wards, as the Liver, Guts, or
art be not troubled, it will heal
in 4 or 5 days dreſſing, ſo that
thing be applied thereunto.

2. It alſo healeth any Burning
d Scalding, and healeth alſo
bruiſe or cut, being firſt an-
nted with the ſaid Oil, and a
ece of linnen cloth or lint dipt
the ſame, being warmed and
d unto the place, it will heal it
thout any ſcar remaining.

3. It helpeth the headach by
nointing the Temples and
ſtrils therewith.

4. It is good againſt the Wind-
holick, or ſtitch in the Side,
plied thereto warm with hot
thes, morning and evening
together

together a quarter of an ounce.

5 It helpeth the biting of a mad Dog, or any other Beast.

6. It is good against the Plague, anointing only the Nostrils, and the Lips therewith in the morning before you go forth.

7. It also healeth a Fistula, or Ulcer, be it never so deep, in any part of the body, being applied as aforesaid is directed for a Cut.

8. It is good against Worms, or Canker, being used as in a Cut, but it will require longer time to help them.

9. It is good for one infected with the Plague, or Measles, if as it be presently taken in warm Broth, the quantity of a quarter of an ounce four morning together, and sweat upon it.

10. It likewise helpeth Digestion, anointing the Navel and Stomack therewith when the party goeth to Bed, it will stanch any Blood of a green Wound

t in a plaiſter of lint on it, and
it very hard.

11. The quantity of an Nut-
g in Sack blood warm, and
t therein, it bringeth forth
manner of clotted Blood, and
es away all Aches.

12. It alſo healeth the roſe
out and Scurvy.

13. It helpeth all pains in Wo-
ens breaſts, all chops or Wolf
at cometh with a Bruiſe.

14. It helpeth the ſmall Pox,
ing anointed therewith with-
t any Scar.

15. It helpeth all Sprains and
ellings, and indeed I cannot
ll what comes amiſs unto it.

*A moſt certain and proved Medi-
cine againſt all manner of Peſti-
lence and Plague, be it never ſo
vehement.*

Take an Onion, and cut it
erthwart, then make a little
hole

hole in either piece, the wh
you ſhall fill with fine Tri
and ſet the pieces together
they were before: after t
wrap them in a fine wet lin
cloth, putting it to roaſt, and
vered in the embers or aſhes,
when it is roſted enough, p
out all the juice of it, and g
the Patient a ſpoonful, and
mediately he ſhall feel him
better, and ſhall without fail
healed.

How to make the Ointment of Tobacco, Jobertus.

Take of green Tobacco-lea
two pound, of freſh Hogs gr
diligently waſht, one pou
bruiſe the herbs, and infuſe
whole night in red wine,
then let it boil with the Ho
greaſe with a gentle fire,
the wine be all conſumed:
ſtrain it, and add to the ointm
the juice of Tobacco one pou
good and clear Roſin four o

, then boil it again till the ice be consumed, adding to-ards the end of round Birth-rt roots in poulder two oun-s, new Wax four ounces, or so ch as is sufficient to make it o an Ointment.

The Virtues of it are these.

reures all Tumors, Aposthumes, ounds, Ulcers, Gun shot, tches, Itch, stinging with Net-s, Bees, Wasps, Hornets, or enemous Beasts, Wounds made th poysoned Arrows, all bur-ings and scaldings, although it with Oyl, or Lightning, and at without any scar; it doth ip all nasty, rotten, stinking, tnified ulcers, although they ey be in the legs where the mours be ready to resort most Fistula's; although the bone afflicted it will scale it with-t any instrument, and bring up the

the flesh from the bottom; Face being anointed with it, taketh away suddenly all red pimples, Sun-burns: A Wound dressed with this Ointment, will never putrifie, it will cure Wound when no tent can reach it; it cures the Head-ach, Temples being annointed there with; the stomack being anointed with it, no infirmity harbour there, no not Impostumes, or Consumption of the Lungs, the belly being anointed therewith; it helpeth the Cholick, and illiack passions, Worms (and what not) too tedious here to relate: it helpeth the Emeroids, or Piles, it is the best Ointment in the World for all sorts of Gouts whatsoever and there can nothing come nigh unto it.

A very good Conserve for the help of a Consumption and Cough.

Take half a pound of ble

Raisins

raisins, the blackest sort is the best, and stone them, and skin them, and two ounces of white sugarcandy, and two ounces of oyl of sweet Almonds and mingle them well, and when they be well incorporated together, use it to eat morning, noon, and night.

A very special Drink against a Consumption.

Take of Colts-foot, Hysop, Scabios, and Maidenhair, of each a handful, and a quarter of a pound of Figs, and cut them in two pieces; and a quarter of a pound of Raisins, and stone them, and take ten Dates and stone them, and so boil them in four quarts of fair water, and when it hath boiled a little, put to it half an ounce of Liquorice scraped and bruised, and so let it boil till one quart be boiled away, then take it off, and when it is cold, strain it into a pot, and drink

drink half a pint each morni
at four of the clock, and so mu
after dinner, at four of t
clock.

For Worms in Children.

Wormseed boiled in Beer
Ale, and then sweeten it w
clarified Honey, and let the
drink it.

*How to drive away the Yellow
the Face that is caused by th
over-flowing of the Gall.
Approved.*

Take a great white Oni
and make a hole in the top of
and then put into it the quan
of a Nutmeg of good Triacle,
then stop the hole again w
the said piece that is cut out
it, but mingle the Triacle w
Saffron powdered; this be
done, roast the Onion in

Em

Embers, being wrapped up in wet paper, and when it is well roasted, wring out the juice thereof hard, and give the party this drink in the morning, and sweat an hour after it, and so continue for three months together, and then let the party take a gentle purge & *Fiat.*

An excellent Medicine for the Dropsie, made for Queen Elizabeth *by Doctor* Adrian, *and Doctor* Lacy. *Proved.*

Take Polipodium, Spikenard, Squat, Ginger, Marjoram, Galingal, Setwel, *ana* a penniweight. Fig leaves and cods, so much as the rest grosly beaten; put them into a bag, and hang it in a earthen pot of two gallons of Ale, and every four days cover the pot with new Barm, and drink no other drink for six days, and this shall purge all ill humours out of the body, neither will it let the blood putrifie, nor

flegm to have domination, no
Choler to burn, nor melancho
to have exaltation, it doth e
creaſe Blood, and helpeth
evil, it helpeth and purge
Rheum, it defendeth the
mack, it preſerveth the bod
and ingendreth good colou
comforts the ſight, and nour
eth the mind.

For the Dropſie that ſwelleth.

Eat Water creſſes, and Raiſ
uſe it often, and it will ſe
down the Diſeaſe into the l
and feet, and when it is the
take the green bark of Elde
the Winter, and the crop
ſummer, and boil them well
fair water and Oatmeal, to a P
teſs, and apply it to the grie
this will heal it.

The Celeſtial Water the beſt in the World for the Eyes.

Aqua Celidonia,
Aqua Euphraſia,
Aqua Finicula, } Of each a quarter of a pint.

Aqua Tutia,
Aqua Calaminaris, } Of each a dram.

An excellent Water for one that is lean, or in a Conſumption.

Take Milk three pints, red Wine one pint, twenty four Yolks of new laid Eggs, beat them very well together, then add ſo much white Bread as will ſoak up the Wine, and put to it the Cowſlip flowers, and diſtill them, and take a ſpoonful firſt and laſt in broth made of a Chicken, or Mutton, and in one month it will cure any Conſumption.

For to stay vomiting presently.

Take a little Mastick, and put it upon a hot coal, and set a Funnel over it, and receive the fume into your mouth, and let it go into your stomack, & *fiat.*

Doctor Turcables *green Balsom.*

Take in the month of *May* Rosemary-crops, Wormwood, Balm and Rue, *ana* two ounces, red Sage and Bay-buds, *ana* two ounces, Sheeps-suet twelve ounces, beat all these very well together in a stone Mortar, till it be as a Salve, then put it into a clean Pipkin well stopt, and set it eight days in a cold place, then put it all in a clean brass Chafer, and add to it a pound of sweet Sallade Oyl, and as many of the said Herbs as afore said well bruised, and let them boil over a slow fire very softly, the space of an hour, and stir them all the time with a wooden Spatula, then take them from the fire, and put them

skntly put into it an ounce of Spike Oil, & stir them together, then with a spoon take off the oily substance from the Herbs, and then strain it into a Galley-pot & keep it very close stopt, & set it in a cool place, it will keep good two or three years

The Virtues are these.

The virtue of the said Balm is in all perfection good to cure all that is here under-written, and the said oil is good to cure any wounds either inward or outward, proved. Being inward squirted into the said wounds warm; and outward, being applied with fine lint or linnen, and anointing all the parts thereabouts.

1. It doth not only take away the pain, but it doth also keep it from inflamation, and draweth forth also all broken bones, or any thing else that may putrifie or fester, if the Brains, Heart,

Guts, Liver be not touched, it will heal in four or five times dreſſing, if no other thing be applied thereunto.

2. It healeth any burning or ſcalding by fire or water, or by any other means, it healeth any

A moſt excellent Powder, much uſed by a Perſon of Quality, lately deceaſed, with the Virtues.

Take Pearl Magiſtrale prepared, Coral red and white, prepared Amber, prepared Harts-horn, of each half an ounce, *Contra Yerva* one ounce; mingle them well together, then take three ounces of the black claws of Crabs before they be ſodden, they muſt be taken in *June* or *July*, the Sun being in *Cancer*, mingle all well together, then put to it four ounces of white ſugar candy powdered, and mingle with the ſugar candy, Ambergriece, Muſk, Citron-ſeed skinned, *ana* ten grains; beat the ſeeds, Sugar-candy

dy & Ambergriece by themselves, very fine in a stone Mortar, all the rest must be passed through a fine Searce, then make a strong gelly of Harts horn being boiled with White-wine, and infuse therein Saffron powdered, two drams, and with this Jelly perfume the powder, being all mixt into a paste, so make it up into little balls, and set them in a warm Oven to dry, and then put them up to your use, the closer they be kept, the better.

The Virtues of this powder is a most excellent.

1. For to bring out the Small-Pox, or if they be come out, take ten grains in Dragon-water each three hours, for nine hours.

2. For the Plague, take ten grains in Dragon-water each three hours, for nine hours, and sweat and keep your self-warm.

3. For a Hectick, take for nineteen days together, six

grains every morning in Borrage water.

4. For a Conſumption, in Egrimony-water, take ſix grains for fourteen days together.

5. For the Cough of the Lungs, ſix grains, in half Bettony, and half Hyſop-water, for fourteen days.

6. For an Ague or Feaver, for three days, every third day take ſeven grains every three hours, for nine hours, in Carduus-water.

7. For poiſon twelve grains boiled in a little Milk.

8. For a Woman that is ſick after Labour, take ſeven grains every three hours, for nine hours in Egrimony water.

9. There is no Unicorns horn comparable to it in contagious times: it is good to take five grains every morning in a little Sack.

10. For the paſſion of the heart,

heart, and Convulſion fits, ſeven grains in Borrage-water, and it is a great preſerver of health, working only as a Cordial, and you may ſafely take ten, twelve, fourteen, or ſixteen, or eighteen or twenty grains at once for a full Doſe.

11. And if it be a great Fever, Small-pox, Plague, Poyſon, or for a Woman in Labour, put into every Doſe three grains of Bezoar-Oriental.

How to ſtrengthen the Back, and to make one luſty.

Take half a pint of Malmſey, and a handful of the pith of an Ox back, but take the pith out from the skin, then take four or five ſtalks of Artichoaks, and take the pith out of them, but firſt cut the ſtalks into pieces ſo long as your finger, and then parboil them well, and then put

it to the other things, and boil it gently to a Jelly, and when you have done so, let it be cold, and then eat it upon the point of a knife morning and evening, and at any time of the day, so much as you shall think fitting, and if you would have it pleasant, make it sweet with white Sugar-candy, but not with sugar.

For one that cannot make his Water.

Take Thyme, and stop it in Wine-Vinegar one night or more, then take of this three spoonfuls blood-warm, after that you have eaten, at morning, noon and night.

How to help a stinking Breath that cometh from the Stomack.

Take two handfuls of Cummin seeds, and beat them to powder, and

and seeth it in a pottle of white wine until half be boiled away, and then give the party a good draught thereof first and last, morning and evening, as hot as he can suffer it, and in fifteen or fifteen days it will help.

For the Sciatica or the Gout, my Lord of Suffex *Medicine, called*

Flesh-Unguetors.

Take of Rosin half a pound, of Peroſin half a pound, of Virgins-Wax four ounces, of Olibanum four ounces, of Mastick half an ounce, of sheeps tallow, or of Harts-tallow two ounces, of Camphire three drams, and of Turpentine three ounces.

The way to make it.

First, Beat all your Gums aforesaid, every one by themselves, then take your Tallow and your Wax, and set them together on the fire, that done, put in your Rosin,

Rosin, then your Olibanum, and last of all your Mastick: and when all is relented together over a soft fire of Coals, then strain it through a thin Canvas cloath into a pottle of White-Wine, and then let them all boil together again until half the Wine be wasted and sod away, then take it from the fire, and let it cool, then afterward when it is almost cold, anoint your hands with the oil of sweet Almonds, and work it up in rowls like wax rowls, and in the time of the working thereof, cast in your Camphire, beaten in fine powder by it self alone: this observed, that before you put in your Camphire into the Mortar for to be beaten into powder, you must always beat in the same Mortar two or three Almonds, for else your Camphire will not be made into powder.

In ordering of the ſame Medicine.

First, you muſt ſpread it upon fine linnen cloth, plaiſterwiſe, and ſo lay it upon every joint where the pain is, but before the laying of your Plaiſter, you muſt anoint all your Joints with the oyl of Roſes, and the ſtuff of your plaiſter muſt be half an inch thick, and according unto the property of the ſame, you muſt let it ſtick and cling where you lay it, for the ſpace of nine or ten days together, notwithſtanding it doth put you to ſome pain or itch in the mean time, yet you muſt in any wiſe let it lie on ſtill, for it will both draw out the ſhews by little ſmal pimples, and alſo heal it again, and this one plaiſter muſt ſerve during all the time of your diſeaſe without any manner of renewing. *Prob.* of witneſs by my Lord of *Suffolk*.

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